

Pumpkin Spice Shake

Cinch™ Vanilla Shake Mix
8 oz non-fat milk or low fat soy milk
2 tbsp canned pumpkin
½ tsp pumpkin spice
Dash of vanilla extract
Dash of cinnamon
4 – 6 ice cubes

Blend until creamy.

286 calories, 24 g protein, 42 g carbohydrate, 3 g fat*

** Nutrient values when nonfat milk is used*

