

Butternut Squash Smoothie – 3 Ways!

1 serving | 5 minutes

Vegan Version

Ingredients:

- ✓ 1 1/3 cups Unsweetened Almond, Coconut, or Soy Milk
- ✓ 1/2 cup Frozen Cauliflower
- ✓ 4 leaves Romaine (roughly chopped)
- ✓ 3/4 cup Butternut Squash (frozen, cubed)
- ✓ 1/2 Banana (frozen)
- ✓ 1/8 tsp Cinnamon
- ✓ 1/4 cup **Harmonized Fermented Vegan Protein Powder** (for PCOS-friendly option)
- ✓ 1 1/2 tbsp Chia Seeds
- ✓ 1 tbsp Almond Butter

Directions:

Blend all ingredients until smooth. Pour into a glass and enjoy!

Substitutions:

- **Nut-Free?** Use oat or coconut milk and swap almond butter for sunflower seed butter.
 - **No frozen butternut squash?** Use fresh, cooked, or canned.
 - **More sweetness?** Add a splash of vanilla extract.
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Vegetarian Version

Ingredients:

- ✓ 1 1/3 cups Unsweetened Almond, Coconut, or Soy Milk
- ✓ 1/2 cup Frozen Cauliflower
- ✓ 4 leaves Romaine (roughly chopped)
- ✓ 3/4 cup Butternut Squash (frozen, cubed)
- ✓ 1/2 Banana (frozen)
- ✓ 1/8 tsp Cinnamon
- ✓ 1/4 cup **Simply Tera's Whey Protein Powder**
- ✓ 1 1/2 tbsp Chia Seeds
- ✓ 1 tbsp Almond Butter

Directions:

Blend everything together until smooth. Pour into a glass and enjoy!

🌟 **Bonus Tip:** Want to make it extra creamy? Add a scoop of Greek yogurt for more protein and richness!

 Carnivore Version**Ingredients:**

- ✓ 1 1/3 cups Unsweetened Almond or Coconut Milk
- ✓ 3/4 cup Butternut Squash (frozen, cubed)
- ✓ 1/2 Banana (frozen)
- ✓ 1/8 tsp Cinnamon
- ✓ 1/4 cup **Vital Proteins Collagen Peptides** or **Simply Tera's Whey Protein Powder**
- ✓ 1 tbsp Chia Seeds
- ✓ 1 tbsp Almond Butter

Directions:

Blend until silky smooth. Pour into a glass and enjoy!

🌟 Carnivore Tweaks:

- **Add the greens & cauliflower** to bump up your fiber.
 - **Want a richer texture?** Swap almond butter for ghee or heavy cream.
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 Macros Per Serving:

- **Calories:** ~441
- **Carbs:** 46g
- **Fiber:** 18g
- **Sugar:** 12g
- **Protein:** 31g
- **Iron:** 5mg

Whichever way you make it, this **butternut squash smoothie** is packed with nutrients to fuel your body! 💪🌟 Let me know which version you're trying first!