

Pumpkin Cheesecake Smoothie 'Shake' **(a NowICanEatCake recipe)**

Get This:

- 3/4 c. unsweetened vanilla almond milk
- 1 T. vanilla
- 1/2 c. pumpkin puree (NOT pumpkin pie filling)
- 3/4 c. 1% or non-fat cottage cheese
- 3 oz. Neufchatel or non-fat cream cheese
- 3-4 T. stevia, truvia or sweetener of choice
- 1 1/2 t. pumpkin pie spice
- 4-6 ice cubes
- Whipped topping for the top if desired

Do This:

1. Add ingredients, except whipped topping, in order given to the pitcher of your blender.
2. Blend until smooth, scraping sides of blender as needed.
3. Pour into a large jar or fancy glasses.
4. Top with whipped topping and a sprinkle of pumpkin pie spice or cinnamon if desired.