

Pumpkin Spice Mighty Maca Shake

Ingredients

Shake

- 10 ounces unsweetened almond or cashew milk
- ¼ cup pumpkin puree
- 1 tablespoon coconut or MCT oil
- 2 tablespoons cashew butter
- ½ pitted date
- 1 teaspoon freshly grated ginger
- 1 serving maca powder
- ½ teaspoon vanilla extract
- ½ teaspoon cinnamon
- ¼ teaspoon cardamom
- A dash of cloves
- A dash of nutmeg
- Ice

Coconut Whipped Topping (optional)

¼ cup coconut cream
½ teaspoon vanilla extract

Instructions

(if making the Coconut Whipped Topping, then prepare prior to making the shake).

1. In a medium bowl, combine coconut cream and vanilla extract. Whisk well until it begins to have a similar consistency to whipped cream (it will not get quite as stiff as whipped cream).
2. Cover and place in the refrigerator to chill for at least 30 minutes before assembling shake.

3. In a blender, combine all the ingredients for the shake, topped with a handful of ice. Blend until smooth, then top with the Coconut Whipped Topping and enjoy!