



Casein Pumpkin Custard

Ingredients

- 2 scoops MusclePharm Vanilla Cream Casein
- 2 cups Libby's 100% Pure Pumpkin
- 1 tbsp imitation vanilla extract
- 1/2 tsp ground nutmeg
- 1 tbsp ground cinnamon
- 1 cup water

Directions

1. Combine all ingredients into a large mixing bowl.
2. Blend thoroughly.
3. Slug it!