

Ghost Whey Fall Double-Whammy: Apple Cider Doughnut and Pumpkin Pie

written by PricePLOW Staff | November 1, 2022

The seasons have changed, and that means the flavor masters over at Ghost Lifestyle are ready to drop two incredible fall-themed flavors of Ghost Whey.



Ghost Whey is getting in the fall spirit with two new flavors: Apple Cider Doughnut and Pumpkin Pie!

Ghost has made a name for themselves in the industry with wildly popular flavor collaborations with brands like *Oreo*, *Swedish Fish*, and even *Sour Patch Kids*. They take the flavoring art to a whole new level, and we're constantly impressed by their creativity and execution.

Today, Ghost is releasing two new incredible flavors that fit so perfectly with the chillier weather of autumn.

Chilly mornings and piles of leaves

As the leaves start falling, the air gets crisper, and holiday plans are negotiated, the flavor technicians over at Ghost have been hard at work with their beakers and lab coats to bring us two seasonally appropriate *bangers* of their Whey protein blend. With Ghost Whey, Ghost was one of the first brands to *fully disclose* the protein sources and yields, earning transparency points from many, including us here at PricePLOW.

Ghost Whey is a carefully-selected blend of whey protein isolate, whey protein concentrate, and hydrolyzed whey protein isolate.



Apple Cider Doughnut and Pumpkin Pie: with *inclusions!*

We already got a new Apple Cider flavor of Ghost Greens, and now it's Ghost Whey's turn. This fall, we get not one, but *two* new flavors of Ghost Whey.

The first is **Apple Cider Doughnut** – that sweet and slightly tart fall-time classic, blended with a bit of light cakiness for some added richness. Next up is **Pumpkin Pie**. There's no reason to wait until Thanksgiving dinner to get a taste of creamy pumpkin spiciness. You can drink it today with Ghost Whey, and get 25 grams of protein to boot.

And, if you look at the label, you'll notice that *both* of them have **inclusions** – real pastry pieces are inside!

We're going to run through a little summary about Ghost Whey's protein blend, but first let's check PricePLOW for any Ghost deals:

GHOST Whey – Deals and Price Drop Alerts

Get Price Alerts

Get Whey Price Alerts Get GHOST alerts Get Whey Protein price drops
 Also get hot deal alerts

No spam, no scams.

Disclosure: PricePLOW relies on pricing from stores with which we have a business relationship. We work hard to keep pricing current, but you may find a better offer.

Posts are sponsored in part by the retailers and/or brands listed on this page.

Ghost Whey – Macro Profile

Both the Apple Cider Doughnut and Pumpkin Pie flavors have nearly identical macro profiles. In each scoop, you're getting:



Ghost Whey boasts a fully-transparent whey protein blend!

- **140 Calories**
- **25g Protein**
- **6g Carbohydrates**
- **2g Fat**

Ghost Whey Ingredients

The core of Ghost Whey is built with three forms of whey protein:

- **Whey protein isolate**, which is 90% pure protein by weight. Whey protein

isolate is the *cleanest* form of whey protein available, with most impurities having been sifted out during the filtering processes.

- **Whey protein concentrate** is a slightly less pure form of whey protein, clocking in at 80% pure protein by weight in this formula. But with less processing, we're left with a few more beneficial components like immunoglobulins and immunity-boosting *lactoferrin*!
- **Hydrolyzed whey protein isolate** is whey isolate has gone through a process known as hydrolysis to "pre-digest" the protein with enzymes, making it very fast-digesting and well-suited for people with *lactose sensitivity*.

Other ingredients

In addition to the whey protein blend, both flavors have some additives that contribute to the flavoring and consistency of the powders: **pastry crust pieces (inclusions!!)**, **natural and artificial flavoring**, **salt**, **malic acid**, **cinnamon powder**, and some **digestive enzymes** to help break down the protein and make it more bioavailable, while helping any extra lactose be easily digested.

There are also several thickening agents added, such as **cellulose gum**, **xanthan gum**, and **sucralose**.

All Ghost Whey flavors

Don't forget, Ghost Whey has a ton of other *incredible* flavors to choose from:



There *might* still be time to get in on the Oreo Birthday Cake flavor celebration if you see it to the left!

Fall flavors for fall sets



As good as traditional protein flavors like chocolate are, they can get somewhat boring after taking them after every single workout. You have to switch it up.

Protein powder is the cornerstone of athletic supplementation, and we think it's important to have some fun with it. One of our favorite ways that brands come up with new flavors is by taking advantage of the unique feelings and traditions of each season.

Ghost has taken this principle to heart, and continually releases *top-of-the-heap* flavors at just the right time. Get into the fall spirit with the refreshing tartness of Apple Cider Doughnut or a sip of sweet, spice-filled Pumpkin Pie.

GHOST Whey – Deals and Price Drop Alerts

Get Price Alerts

Get Whey Price Alerts Get GHOST alerts Get Whey Protein price drops
 Also get hot deal alerts

No spam, no scams.

Disclosure: PricePlow relies on pricing from stores with which we have a business relationship. We work hard to keep pricing current, but you may find a better offer.

Posts are sponsored in part by the retailers and/or brands listed on this page.