Boozy Shamrock Shake

Entire recipe (about 16 oz.): 175 calories, 2g total fat (0.5g sat. fat), 128mg sodium, 5.5g carbs, 0.5g fiber, 0.5g sugars, 10.5g protein

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Prep: 5 minutes

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Ingredients

1/2 cup unsweetened vanilla almond milk
1/3 cup spinach leaves
3 tbsp. vanilla protein powder with about 100 calories per serving (like the kind by Quest Nutrition or Tera's Whey)
1 1/2 oz. white rum
2 packets no-calorie sweetener
1 - 2 drops peppermint extract
1 1/4 cups crushed ice (about 10 ice cubes)
Optional topping: natural light whipped topping (like Truwhip Skinny or So Delicious Dairy Free Cocowhip Light)

Directions

Place all ingredients in a blender. Blend at high speed until smooth, stopping and stirring if needed.

MAKES 1 SERVING

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