



Perfect Pumpkin Shake



Entire recipe (about 18 oz.): 112 calories, 2.5g total fat (0.5g sat fat), 163mg sodium, 10.5g carbs, 3.5g fiber, 3g sugars, 11g protein

Freestyle™ [SmartPoints®](#) value 2*

[SmartPoints®](#) value 3*



Tagged: [Drink Recipes \(Smoothies, Cocktails & More\)](#), [Vegetarian Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

Ingredients

- 3/4 cup unsweetened vanilla almond milk
- 1/4 cup canned pure pumpkin
- 3 tbsp. plain protein powder with 100 calories or less per serving
- 2 no-calorie sweetener packets
- 1/2 tsp. cinnamon
- 1/4 tsp. pumpkin pie spice
- 1/4 tsp. vanilla extract
- 1 1/4 cups crushed ice (about 10 ice cubes)

Directions

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

MAKES 1 SERVING

[SmartPoints®](#) value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints®](#) values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints®](#) values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints®](#) trademark.