



Pineapple Upside-Down Cake Shake



Entire recipe (about 16 oz.): 199 calories, 3g total fat (1g sat. fat), 130mg sodium, 32.5g carbs, 2g fiber, 24.5g sugars, 10g protein

Prep: 5 minutes

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

Ingredients

1/2 cup + 1 tbsp. pineapple tidbits in juice (not drained), chilled
3 maraschino cherries
1/2 tsp. almond extract
1/2 cup unsweetened vanilla almond milk
3 tbsp. vanilla protein powder with about 100 calories per serving (like the kind by [Quest Nutrition](#) or [Tera's Whey](#))
2 no-calorie sweetener packets (like Truvia)
1/4 tsp. vanilla extract
1 1/4 cups crushed ice (about 10 cubes)
1 tbsp. natural light whipped topping (like [Skinny Truwhip](#) or [So Delicious Dairy Free Cocowhip! Light](#))

Directions

In a small blender (about 3-cup capacity), combine 1/2 cup pineapple tidbits (with juice), 2 cherries, and 1/4 tsp. almond extract. Puree until smooth.

Transfer to a tall glass.

Rinse blender. Add almond milk, protein powder, sweetener, vanilla extract, ice, and remaining 1/4 tsp. almond extract. Blend at high speed until smooth, stopping and stirring if needed. (The longer you blend it, the bigger and frothier it'll get.)

Very slowly pour over the fruit puree in the glass.

Drain remaining 1 tbsp. pineapple tidbits. Top shake with whipped topping, remaining 1 tbsp. pineapple tidbits, and remaining cherry.

MAKES 1 SERVING

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.