



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

Green Plan [SmartPoints](#)® value 4*

Blue Plan (Freestyle™) [SmartPoints](#)® value 4*

Purple Plan [SmartPoints](#)® value 4*

Prep: 5 minutes



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

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

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.