



Candy Cane Shake



Entire recipe (approx. 16 oz.): 99 calories, 2.5g total fat (<0.5g sat fat), 164mg sodium, 8g carbs, 0.5g fiber, 4g sugars, 10.5g protein

Green Plan [SmartPoints](#)® value 3*

Blue Plan (Freestyle™) [SmartPoints](#)® value 3*

Purple Plan [SmartPoints](#)® value 3*

Prep: 5 minutes



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Ingredients

3/4 cup unsweetened vanilla almond milk
3 tbsp. vanilla protein powder with about 100 calories per serving
1/4 tsp. peppermint extract
1 1/4 cups crushed ice (about 8 ice cubes)
1 packet no-calorie sweetener (like Truvia)
1 mini candy cane (or about 1/4th of a standard candy cane), lightly crushed
Optional topping: light whipped cream

Directions

Place all ingredients in a blender *except* crushed candy cane.

Add half of the crushed candy cane and blend at high speed until smooth, stopping and stirring if needed.

Pour and, if you like, top with whipped topping. Sprinkle with remaining crushed candy cane.

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.