



## 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

**Prep:** 5 minutes



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

### 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

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.