



Chilla In Vanilla Milkshake



16 oz. w/ whipped topping (entire shake): 155 calories, 2.5g total fat (1g sat fat), 108mg sodium, 28.5g carbs, 3g fiber, 16g sugars, 6g protein

Green Plan [SmartPoints](#)® value 6*

Blue Plan ([Freestyle](#)™) [SmartPoints](#)® value 5*

Prep: 5 minutes



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

Ingredients

1/2 cup fat-free vanilla ice cream
1/2 cup light vanilla soymilk
1/2 tbsp. sugar-free French Vanilla powdered creamer
2 no-calorie sweetener packets
1/8 tsp. vanilla extract
1 cup crushed ice or 5 - 7 ice cubes
2 tbsp. Fat Free Reddi-wip
Optional: maraschino cherry

Directions

Place powdered creamer in a small dish, and add 1/2 tbsp. very hot water. Stir until powder dissolves, and then transfer mixture to a blender.

Add all other ingredients except the Reddi-wip to the blender. Blend at high speed until completely mixed. Pour into your favorite glass and top with Reddi-wip. If you like, finish it off with a cherry!

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.