



## Chocolate Salted Caramel Pretzel Shake



Entire recipe: 189 calories, 6g total fat (3g sat. fat), 417mg sodium, 23g carbs, 3g fiber, 8.5g sugars, 12.5g protein

[Click for WW Points® value\\*](#)

**Prep:** 10 minutes



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

### Ingredients

2 tbsp. [chocolate protein powder](#)  
1 tbsp. [unsweetened dark cocoa powder](#)  
2 packets natural no-calorie sweetener  
1 tsp. mini semi-sweet chocolate chips  
1/2 tsp. [caramel extract](#)  
1/4 tsp. [xanthan gum](#)  
1 dash salt  
1/2 cup unsweetened vanilla almond milk  
4 small pretzel twists, crushed, divided  
1 1/2 cups crushed ice  
2 tbsp. light whipped topping (thawed from frozen)  
1 tsp. light caramel dip

### Directions

In a tall glass, combine protein powder, cocoa powder, sweetener, chocolate chips, caramel extract, xanthan gum, and salt. Add 3 oz. very hot water, and stir to dissolve.

Transfer to a blender. Add milk, half of the crushed pretzels, and ice. Blend at high speed until smooth, stopping and stirring if needed.

Pour shake into a tall glass. Top with whipped topping, caramel dip, and remaining pretzels.

MAKES 1 SERVING

**HG Tip:** If needed, microwave caramel dip in a microwave-safe bowl for 10 seconds, or until soft enough to drizzle.

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.