



Cinnamon Bun Shake



Entire recipe (about 16 oz.): 163 calories, 6.5g total fat (2.5g sat. fat), 254mg sodium, 15g carbs, 2g fiber, 7.5g sugars, 11.5g protein

Prep: 5 minutes **Cook:** 5 minutes or less



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

Ingredients

Glaze

1 tsp. reduced-fat/light cream cheese
1 tsp. honey
1/4 tsp. cinnamon

Shake

1 tbsp. reduced-fat/light cream cheese
3/4 cup unsweetened vanilla almond milk
3 tbsp. vanilla protein powder with about 100 calories per serving (like the kind by [Quest Nutrition](#) or [Tera's Whey](#))
2 no-calorie sweetener packets (like Truvia)
1 tsp. cinnamon
1/2 tsp. vanilla extract
1 1/2 cups crushed ice (about 12 cubes)

Directions

In a small bowl, mix glaze ingredients until mostly smooth and uniform.

In a small microwave-safe bowl, combine cream cheese with 1 tsp. water. Microwave for 10 seconds, or until melted. Stir until smooth and uniform.

Transfer cream-cheese mixture to a blender, and add remaining shake ingredients.

Blend at high speed until smooth, stopping and stirring if needed. (The longer you blend it, the bigger and frothier it'll get.)

Pour into a tall glass, and drizzle with glaze.

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.