



## Clean & Green Shamrock Shake



Entire recipe (about 16 oz.): 133 calories, 4g total fat (0.5g sat fat), 210mg sodium, 6g carbs, 1g fiber, 1.5g sugars, 20g protein

**Green Plan [SmartPoints](#)® value 3\***

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

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



Tagged: [Drink Recipes \(Smoothies, Cocktails & More\)](#), [Vegetarian Recipes](#), [Single Serving](#), [5 Ingredients or Less](#)

### Ingredients

- 3/4 cup unsweetened vanilla almond milk
- 1 oz. (about 6 tbsp.) natural vanilla protein powder with about 100 calories per serving (like [the kind by Tera's Whey](#))
- 1/3 cup spinach leaves
- 1/8 tsp. peppermint extract
- 1 1/4 cups crushed ice (about 8 ice cubes)

### Directions

Place all ingredients in a blender. Blend at high speed until smooth, stopping and stirring if needed.

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.