



Fruity Hoops Shake



Developed by Hungry Girl; brought to you by [Devotion Nutrition!](#)

Entire recipe (about 24 oz.): 105 calories, 1.5g total fat (1g sat fat), 200mg sodium, 6.5g carbs, 2g fiber, 0.5g sugars, 20g protein

Green Plan [SmartPoints](#)® value 1*

Blue Plan (Freestyle™) [SmartPoints](#)® value 1*

Prep: 5 minutes



Ingredients

- 1 scoop (or 1 packet) [Devotion Nutrition Angel Food Cake protein powder](#)
- 1 packet [Fruity Hoops Cereal Flex Flavors](#)
- 1 1/4 cups crushed ice (about 10 ice cubes)

Directions

Place all ingredients in a blender. Add 1 cup water. 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.