



Clean & Green Shamrock Shake



[Click here for a video demo](#) !

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



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

Ingredients

3/4 cup unsweetened vanilla almond milk
1 oz. (about 6 tbsp.) 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 *or* 6 - 10 ice cubes

Directions

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

MAKES 1 SERVING

FYI: As an Amazon Associate, we may receive compensation from some of these links.

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.