



Jammin' Mocha Shake



Entire recipe: 131 calories, 5g total fat (2.5g sat fat), 170mg sodium, 11.5g carbs, 2g fiber, 4g sugars, 11.5g protein

Green Plan [SmartPoints](#)® value 3*

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

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

Prep: 5 minutes



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Ingredients

2 tbsp. (1 scoop) [Tera's Whey Bourbon Vanilla Whey Protein](#) (or another vanilla protein powder with similar stats)
2 tsp. sugar-free French vanilla powdered creamer
2 tsp. unsweetened dark cocoa powder
1 tsp. instant coffee granules
2 packets natural no-calorie sweetener
1/2 cup unsweetened vanilla almond milk
1 1/2 cups crushed ice (about 12 ice cubes)
2 tbsp. whipped topping in a can
1 tsp. light chocolate syrup
Optional: 1/4 tsp. [xanthan gum](#)

Directions

In a tall glass, combine protein powder, creamer, cocoa, coffee, and sweetener. (Add xanthan gum, if using.) Add 3 oz. very hot water, and stir to dissolve.

Transfer mixture to a blender. Add almond milk and ice. Blend at high speed until smooth, stopping and stirring if needed.

Pour drink into the tall glass. Top with whipped topping and chocolate syrup.

MAKES 1 SERVING

HG FYI: The xanthan gum makes shakes thicker and creamier!

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.