



## Oreo Shamrock 'n Roll Shake



Entire recipe: 181 calories, 5g total fat (0.5g sat fat), 268mg sodium, 15.5g carbs, 1.5g fiber, 5g sugars, 21g protein

**Green Plan [SmartPoints](#)® value 5\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 5\***

**Purple Plan [SmartPoints](#)® value 5\***

**Prep:** 5 minutes



Tagged: [Dessert Recipes](#), [Drink Recipes \(Smoothies, Cocktails & More\)](#), [Vegetarian Recipes](#), [Single Serving](#), [5 Ingredients or Less](#), [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 scoop  
1/3 cup spinach leaves  
1/8 tsp. peppermint extract  
1 1/4 cups crushed ice (about 8 ice cubes)  
1/2 pack [Nabisco 100 Cal Oreo Thin Crisps](#) or 3 chocolate graham crackers (3/4 sheet), finely crushed

### Directions

Place all ingredients *except* Oreo Thin Crisps/graham crackers in a blender. Blend at high speed until smooth, stopping and stirring if needed.

Stir crushed Oreo Thin Crisps/graham crackers into the shake.

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.