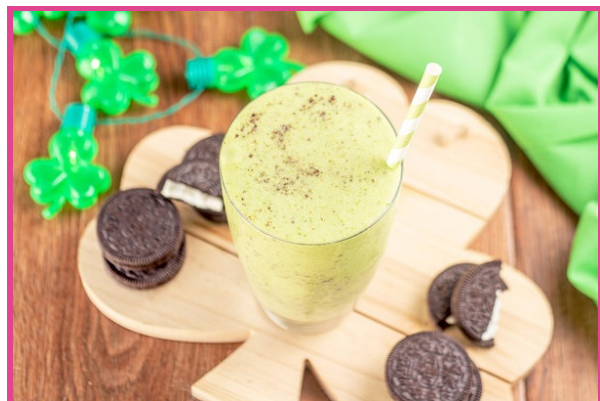




## Oreo Shamrock 'n Roll Shake



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

**Prep:** 5 minutes



More: [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

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.