



## 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

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### 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**

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