



Peanut Butter Cup Protein Freeze



Entire recipe: 169 calories, 6g total fat (2.5g sat fat), 203mg sodium, 18g carbs, 3g fiber, 8.5g sugars, 13.5g protein

Green Plan [SmartPoints](#)® value 4*

Blue Plan (Freestyle™) [SmartPoints](#)® value 4*

Purple Plan [SmartPoints](#)® value 4*

Prep: 5 minutes



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

Ingredients

- 2 tbsp. light whipped topping (thawed from frozen)
- 2 tsp. powdered peanut butter
- 2 tbsp. (1 scoop) [Tera's Whey Dark Chocolate Cocoa Whey Protein](#) (or another chocolate protein powder with similar stats)
- 1 tbsp. unsweetened dark cocoa powder
- 2 packets natural no-calorie sweetener
- 1 tsp. mini semi-sweet chocolate chips
- 1/4 tsp. [xanthan gum](#)
- 1/2 cup unsweetened vanilla almond milk
- 1 1/2 cups crushed ice (about 12 ice cubes)
- 1 tsp. light chocolate syrup

Directions

In a small bowl, mix whipped topping with 1 tsp. powdered peanut butter until smooth and uniform.

In tall glass, combine protein powder, cocoa, sweetener, chocolate chips, xanthan gum, and remaining 1 tsp. powdered peanut butter. 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 PB whipped topping. Drizzle with chocolate syrup.

MAKES 1 SERVING

HG FYI: The xanthan gum makes shakes even 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.