



Pineapple Cheesecake Protein Shake



Entire recipe (about 16 oz.): 227 calories, 5g total fat (1g sat fat), 557mg sodium, 31.5g carbs, 3.5g fiber, 23g sugars, 15g protein

Green Plan [SmartPoints](#)® value 8*

Blue Plan (Freestyle™) [SmartPoints](#)® value 8*

Purple Plan [SmartPoints](#)® value 8*

Prep: 5 minutes



Tagged: [Drink Recipes \(Smoothies, Cocktails & More\)](#), [Vegetarian Recipes](#), [Single Serving](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

Ingredients

1 cup frozen pineapple chunks
1 cup unsweetened vanilla almond milk
1/2 cup low-fat cottage cheese
2 packets natural no-calorie sweetener (like Truvia)
1/8 tsp. almond extract

Directions

Add all ingredients to a blender. Blend at high speed until smooth, stopping and stirring if needed.

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.