



# Twinkie Protein Freeze



Entire recipe: 139 calories, 6g total fat (4g sat. fat), 132mg sodium, 10.5g carbs, 0.5g fiber, 3.5g sugars, 11g protein

[Click for WW Points® value\\*](#)

**Prep:** 5 minutes



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

## Ingredients

- 2 tbsp. (1 scoop) [Tera's Whey Bourbon Vanilla Whey Protein](#) (or another vanilla protein powder with similar stats)
- 1 tbsp. sugar-free French vanilla powdered creamer
- 2 packets no-calorie sweetener
- 1/4 tsp. vanilla extract
- 1/2 cup unsweetened vanilla almond milk
- 1 1/2 cups crushed ice (about 12 ice cubes)
- 2 tbsp. light whipped topping (thawed from frozen)
- Optional: 1/4 tsp. xanthan gum powder (like [the kind by Anthony's](#))

## Directions

In a tall glass, combine protein powder, creamer, sweetener, and vanilla extract. (Add xanthan gum, if using.) Add 3 oz. 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 half of the blended drink into the tall glass. Top with whipped topping, followed by the rest of the drink.

**MAKES 1 SERVING**

**HG FYI:** The xanthan gum makes shakes even thicker and creamier!

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.