



Clean & Hungry Shamrock Shake Pops



1/6th of recipe (1 pop): 22 calories, 0.5g total fat (0g sat fat), 34mg sodium, 1g carbs, <0.5g fiber, <0.5g sugars, 3.5g protein

Green Plan [SmartPoints](#)® value 0*

Blue Plan (Freestyle™) [SmartPoints](#)® value 0*

Purple Plan [SmartPoints](#)® value 0*

Prep: 5 minutes

Chill: 3 hours



Tagged: [Dessert Recipes](#), [Vegetarian Recipes](#), [5 Ingredients or Less](#), [Four or More Servings](#)

Ingredients

- 3/4 cup unsweetened vanilla almond milk
- 1 oz. (about 6 tbsp.) vanilla protein powder with about 100 calories per serving (like the kind by Tera's Whey)
- 1/3 cup spinach leaves
- 1 packet no-calorie sweetener
- 2 - 3 drops peppermint extract
- 1 cup crushed ice (about 6 ice cubes)

Directions

Combine all ingredients in a food processor or blender. Blend until completely smooth and uniform, stopping and stirring if needed.

Evenly distribute into a 6-piece popsicle mold set, leaving about 1/2 inch of space at the top. (Pops will expand as they freeze.)

Insert popsicle handles. Freeze until solid, at least 3 hours.

MAKES 6 SERVINGS

HG Alternative: If your popsicle mold doesn't contain handles, just cover it with foil after filling it. Then slide popsicle sticks through the foil and into the pops.

[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.