



PB 'n White Chocolate Protein Latte Freeze



[Click here](#) to see Lisa make it on Facebook, and [click here](#) for YouTube!

Entire recipe: 149 calories, 6g total fat (2g sat fat), 174mg sodium, 13g carbs, 2.5g fiber, 4.5g sugars, 12g protein

Green Plan [SmartPoints](#)® value 3*

Blue Plan (Freestyle™) [SmartPoints](#)® value 3*

Purple Plan [SmartPoints](#)® value 3*

Prep: 5 minutes



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

Ingredients

2 tbsp. powdered peanut butter (like [the kind by PB2](#))
1 tbsp. (1/2 scoop) [Tera's Whey Bourbon Vanilla Whey Protein](#) (or another vanilla protein powder with similar stats)
2 tsp. (or 1 single-serving packet) instant coffee granules
2 packets no-calorie sweetener
1 tsp. sugar-free French vanilla powdered creamer
1 tsp. white chocolate chips (we LOVE [the low-sugar kind by Lily's!](#))
1/4 tsp. xanthan gum (like [the kind by Anthony's](#))
1/2 cup unsweetened vanilla almond milk
1 1/2 cups crushed ice (about 12 ice cubes)
Optional: whipped topping

Directions

In a tall glass, combine powdered peanut butter, protein powder, coffee, sweetener, creamer, white chocolate chips, and xanthan gum. Add 1/2 cup 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.

MAKES 1 SERVING

HG Tip: For a tasty topping, mix some powdered peanut butter with [Pasokin All Natural PB Crumbs Topping!](#)

FYI: We may receive affiliate compensation from some of these links.

[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.