



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

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Prep: 5 minutes

Chill: 3 hours



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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.

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