



## Cookie-rific Ice Cream Freeze



Entire recipe: 166 calories, 3g total fat (0.5g sat fat), 177mg sodium, 28.5g carbs, 1g fiber, 14.5g sugars, 6g protein

**Green Plan [SmartPoints](#)® value 6\***

**Blue Plan ([Freestyle](#)™) [SmartPoints](#)® value 6\***

**Prep:** 5 minutes



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

### Ingredients

- 1 tsp. fat-free or sugar-free French vanilla powdered creamer (like the kind by Coffee-mate)
- 1/2 of a 100-calorie pack of thin chocolate crisps *or* 3/4 sheet (3 crackers) chocolate graham crackers, broken into pieces
- 3/4 cup light vanilla soymilk
- 2 no-calorie sweetener packets (like Splenda or Truvia)
- 1/4 cup fat-free vanilla ice cream
- 8 - 12 ice cubes *or* 1 1/2 cups crushed ice
- Optional: Fat Free Reddi-wip

### Directions

In a tall glass, combine creamer with 1 oz. (2 tbsp.) warm water; stir to dissolve.

Put chocolate crisps or graham crackers into a blender. Add creamer mixture, soymilk, sweetener, ice cream, and ice. Blend on high until thoroughly mixed. Pour into the tall glass and, if you like, top with whipped topping. Mmmmmm!

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.