



SNICKERS Protein Freeze



Entire recipe: 198 calories, 7.5g total fat (2g sat fat), 240mg sodium, 22g carbs, 4.5g fiber, 9.5g sugars, 13.5g protein

Green Plan [SmartPoints](#)® value 4*

Blue Plan (Freestyle™) [SmartPoints](#)® value 4*

Purple Plan [SmartPoints](#)® value 4*

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. unsweetened dark cocoa powder
- 1 tbsp. (1/2 scoop) [Tera's Whey Dark Chocolate Whey Protein](#) (or another chocolate protein powder with similar stats)
- 2 packets no-calorie sweetener
- 1 tsp. mini semi-sweet chocolate chips
- 1/4 tsp. xanthan gum (like [the kind by Anthony's](#))
- 1/2 cup unsweetened vanilla almond milk
- 1/2 tsp. [caramel extract](#) (use vanilla if you don't have caramel)
- 1 1/2 cups crushed ice (about 12 ice cubes)
- 2 tbsp. whipped topping in a can
- 1 tsp. light caramel dip
- 1 tsp. light chocolate syrup
- 1 tsp. crushed peanuts

Directions

In a tall glass, combine powdered peanut butter, cocoa powder, protein powder, sweetener, chocolate chips, and xanthan gum. Add 3 oz. very hot water. Stir to dissolve. (It will be thick.)

Transfer mixture to a blender. Add almond milk, caramel extract, and ice. Blend at high speed until smooth, stopping and stirring if needed.

Pour drink into the tall glass. Top with remaining ingredients.

MAKES 1 SERVING

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[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.)

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