

Oreo Ice Cream Freeze

(From Healthygirl.com)

Did you really think you'd have to go thru life without enjoying the chocolaty goodness of an Oreo shake? Not a chance! Take HG's Cookie-rific Ice Cream Freeze out for a spin. It has all the great taste of the fast food version, without all of the nasty consequences.

Ingredients:

1/4 cup Dreyer's Slow Churned Light, Vanilla
5oz. 8th Continent Light Vanilla Soy Milk
1/2 pack of 100 Calorie Packs Oreo Thin Crisps
2 Splenda packets
1 cup of ice
1 tsp. Coffee-Mate Fat Free French Vanilla Non-Dairy Creamer powder
(dissolved in a small amount of warm water)

Directions:

Place all ingredients in blender. Blend on high for 45-60 seconds. Pour and enjoy. Mmmmmm!

Serving Size: 1 shake

Calories: 158

Fat: 4g

Sodium: 234mg

Carbs: 24g

Fiber: 0.5g

Sugar: 15g

Protein: 6.5g

*** 3 POINTS**

***POINTS based on brand name ingredients listed above. POINTS value may change depending on products used.**

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