



## Protein-Packed Vanilla Swappuccino



Entire recipe (about 16 oz.): 121 calories, 3g total fat (0.5g sat fat), 150mg sodium, 6g carbs, 1g fiber, 1.5g sugars, 20g protein

Freestyle™ [SmartPoints®](#) value 2\*

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Prep: 5 minutes



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

### Ingredients

1 1/2 tsp. instant coffee granules  
1/2 cup unsweetened vanilla almond milk  
1/4 cup plus 2 tbsp. (about 1 standard scoop or 2 small scoops) vanilla protein powder with about 100 calories per serving (like the kind by [Quest Nutrition](#) or [Tera's Whey](#))  
1/4 tsp. cinnamon  
1 1/2 cups crushed ice (about 12 ice cubes)  
Optional: 1 natural no-calorie sweetener packet  
Optional topping: natural light whipped topping (like [So Delicious Cocowhip! Light](#))

### Directions

In a tall glass, combine coffee granules with 1/4 cup hot water. Stir to dissolve.

Transfer coffee mixture to a blender, along with remaining ingredients.

Blend at high speed until smooth, stopping and stirring if needed. (The longer you blend it, the bigger and frothier it'll get.)

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.