



## Sippable Cupcake Swappuccino



Entire recipe (about 16 oz.): 87 calories, 2.5g total fat (0.5g sat fat), 164mg sodium, 5g carbs, 0.5g fiber, 1g sugars, 10.5g protein

**SmartPoints®** value 2\*

**Prep:** 5 minutes



### Ingredients

3/4 cup unsweetened vanilla almond milk  
3 tbsp. vanilla protein powder with about 100 calories per serving (like the kind by [Quest Nutrition](#) or [Tera's Whey](#))  
1 packet no-calorie sweetener (like Truvia), or more to taste  
1/4 tsp. almond extract  
1/4 tsp. vanilla extract  
1/8 tsp. butter extract  
1 1/4 cups crushed ice (about 10 ice cubes)  
Optional topping: natural light whipped topping (like [Skinny Truwhip](#) or [So Delicious Dairy Free CocoWhip! Light](#))

### Directions

Place all ingredients in a blender. Blend at high speed until smooth, stopping and stirring if needed.

MAKES 1 SERVING

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