



100-Calorie Dalgona Coffee



Entire recipe: 100 calories, 2.5g total fat (0g sat. fat), 180mg sodium, 24.5g carbs, 0.5g fiber, 12g sugars, 1.5g protein

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Prep: 5 minutes



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Ingredients

2 tbsp. instant coffee granules
1 tbsp. sugar
1 tbsp. monk fruit sweetener (like [the kind by Health Garden](#))
2 cups ice
1 cup unsweetened vanilla almond milk

Directions

In a large bowl, combine coffee, sugar, and sweetener. Add 2 tbsp. hot water, and beat with a hand mixer until frothy, 2 - 3 minutes.

Fill a tall glass with ice, and add milk.

Top with the frothy coffee mixture.

MAKES 1 SERVING

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