



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

Green Plan [SmartPoints](#)® value 5*

Blue Plan (Freestyle™) [SmartPoints](#)® value 5*

Purple Plan [SmartPoints](#)® value 5*

Prep: 5 minutes



Tagged: [Drink Recipes \(Smoothies, Cocktails & More\)](#), [Single Serving](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

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

[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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