



## Caramel Vanilla Protein Swappuccino



Entire recipe: 110 calories, 3.5g total fat (2g sat fat), 128mg sodium, 7.5g carbs, 0.5g fiber, 2g sugars, 11g protein

**Green Plan [SmartPoints](#)® value 3\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 3\***

**Purple Plan [SmartPoints](#)® value 3\***

**Prep:** 5 minutes or less



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

### Ingredients

- 1 tbsp. instant coffee granules (or 1 packet [Starbucks VIA Instant](#))
- 2 tbsp. [Tera's Whey Bourbon Vanilla Whey Protein](#) (or another vanilla protein powder with similar stats)
- 2 tsp. sugar-free French vanilla powdered creamer
- 1 packet no-calorie sweetener
- 1/8 tsp. cinnamon
- 1/2 cup unsweetened vanilla almond milk
- 1/2 tsp. [caramel extract](#) (don't have it? use vanilla extract!)
- 1 1/2 cups crushed ice (about 12 ice cubes)
- Optional topping: light whipped topping

### Directions

In a tall glass, combine coffee, protein powder, creamer, sweetener, and cinnamon. Add 1/4 cup hot water, and stir to dissolve. Add milk and caramel extract, and mix well.

Transfer mixture to a blender. Add ice, and blend at high speed until smooth, stopping and stirring if needed.

MAKES 1 SERVING

**HG Alternative:** Instead of blending for a frozen drink, serve over ice!

[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.