



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

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Prep: 5 minutes or less

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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!

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