



Cinnamon Dolce Swappuccino



Entire recipe (about 18 oz.): 90 calories, 2g total fat (0.5 sat fat), 113mg sodium, 5.5g carbs, 1g fiber, 1g sugars, 11g protein

Freestyle™ **SmartPoints®** value 1*

SmartPoints® value 2*

Prep: 5 minutes



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

Ingredients

- 1 1/2 tsp. instant coffee granules
- 1/2 cup unsweetened vanilla almond milk
- 3 tbsp. plain protein powder with about 100 calories per serving
- 1/2 tsp. cinnamon
- 1/2 tsp. caramel extract (see HG tip)
- 1/4 tsp. vanilla extract
- 2 no-calorie sweetener packets
- 1 1/2 cups crushed ice (about 12 ice cubes)
- Optional topping: additional cinnamon

Directions

1. In a tall glass, combine coffee granules with 1/4 cup hot water. Stir to dissolve.
2. Add coffee mixture to a blender, along with remaining ingredients. Blend at high speed until smooth, stopping and stirring if needed. (The longer you blend it, the bigger and frothier it'll get.)

HG Tip: If you don't see caramel extract at the supermarket, try Target or Walmart. Or order via Amazon -- real or imitation.

MAKES 1 SERVING

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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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