



Frozen Mexican Mocha



Entire recipe: 80 calories, 4.5g total fat (1.5g sat. fat), 195mg sodium, 11.5g carbs, 3.5g fiber, 0g sugars, 3g protein

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Prep: 5 minutes



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Ingredients

2 tbsp. unsweetened dark cocoa powder
1 tbsp. instant coffee granules
2 tsp. sugar-free French vanilla powdered creamer
2 packets no-calorie sweetener
1/4 tsp. cinnamon, or more for topping
Dash cayenne pepper
1/2 cup unsweetened vanilla almond milk
1 1/2 cups crushed ice (about 12 ice cubes)
Optional: light whipped topping

Directions

In a tall glass, combine cocoa, coffee, creamer, sweetener, cinnamon, and cayenne pepper. Add 1/4 cup hot water, and stir to dissolve.

Add milk and 1/4 cup cold water, and mix well.

Transfer 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 your Mexican mocha for a frozen drink, serve it over ice!

HG Tip: Looking for natural vanilla powdered creamer? Grab a bag of [Laird Superfood Creamer](#)!

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