



Ice-olation Mocha



Entire recipe: 50 calories, 3.5g total fat (2.5g sat. fat), 65mg sodium, 4g carbs, 1g fiber, 0g sugars, 0.5g protein

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Prep: 5 minutes



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Ingredients

1 tbsp. sugar-free French vanilla powdered creamer
1 tsp. instant coffee granules
1 tsp. cocoa powder
1 packet no-calorie sweetener
Dash cinnamon
1/4 cup unsweetened vanilla almond milk (or your milk of choice)
1 - 2 cups ice

Directions

In a tall glass, combine creamer, coffee, cocoa, sweetener, and cinnamon. Add 3 oz. hot water, and stir to dissolve.

Add milk, 3 oz. cold water, and ice.

MAKES 1 SERVING

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