



Mango Matcha-ccino Freeze



Entire recipe: 114 calories, 3g total fat (1g sat. fat), 111mg sodium, 19.5g carbs, 2g fiber, 14g sugars, 1g protein

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Prep: 5 minutes



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Ingredients

2 tsp. sugar-free French vanilla powdered creamer
1 tsp. or 1 packet [matcha green tea powder](#)
1 packet no-calorie sweetener
1/2 packet (about 1/2 tsp.) sugar-free powdered drink mix ([any fruit flavor!](#))
1/2 cup unsweetened vanilla almond milk
3/4 cup frozen mango chunks
1 cup crushed ice (about 8 ice cubes)
Optional topping: whipped topping

Directions

In a tall glass, combine creamer, matcha powder, sweetener, and drink mix. Add 1/4 cup very hot water, and stir to dissolve.

Add 1/4 cup cold water, and transfer to a blender. Add milk, mango, and ice. Blend on high speed until smooth, stopping and stirring if needed.

MAKES 1 SERVING

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

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