



Minty Mocha Protein Swappuccino



Entire recipe: 100 calories, 3.5g total fat (1.5g sat. fat), 125mg sodium, 9.5g carbs, 2g fiber, 3.5g sugars, 9.5g protein

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Prep: 5 minutes



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Ingredients

2 1/2 tbsp. chocolate protein powder
2 packets natural no-calorie sweetener
2 tsp. unsweetened dark cocoa powder
1 tsp. semi-sweet mini chocolate chips
1 tsp. instant coffee granules
3 oz. unsweetened vanilla almond milk
1/8 tsp. peppermint extract
1 1/4 cups crushed ice (about 10 ice cubes)
Optional topping: light whipped topping, crushed candy cane, light chocolate syrup

Directions

In a tall glass, combine protein powder, sweetener, cocoa powder, chocolate chips, and coffee granules. Add 2 oz. very hot water, and stir until mostly dissolved.

Transfer to a blender. Add all remaining ingredients. Blend at high speed until smooth, stopping and stirring if needed.

MAKES 1 SERVING

HG Tip: Feeling fancy? Drizzle some light chocolate syrup along the inside of your glass!

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