



## Mocha Protein Swappuccino



Entire recipe: 95 calories, 2g total fat (<0.5g sat. fat), 129mg sodium, 7g carbs, 1.5g fiber, 3g sugars, 10g protein

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**Prep:** 5 minutes



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### Ingredients

2 tsp. (or 1 single-serve packet) instant coffee granules  
1/2 cup unsweetened vanilla almond milk  
3 tbsp. chocolate protein powder with about 100 calories per 1-oz. scoop (like the kind by [Tera's Whey](#))  
1 packet natural no-calorie sweetener  
1/2 tsp. vanilla extract  
1 1/4 cups crushed ice (about 10 ice cubes)  
1 tsp. light chocolate syrup  
Optional: light whipped topping

### Directions

In a tall glass, dissolve coffee granules in 1/4 cup hot water.

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

Serve drizzled with chocolate syrup.

**MAKES 1 SERVING**

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