



## Protein-Packed Vanilla Swappuccino



Entire recipe (about 16 oz.): 121 calories, 3g total fat (0.5g sat. fat), 150mg sodium, 6g carbs, 1g fiber, 1.5g sugars, 20g protein

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**Prep:** 5 minutes



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### Ingredients

1 1/2 tsp. instant coffee granules  
1/2 cup unsweetened vanilla almond milk  
1/4 cup plus 2 tbsp. (about 1 standard scoop or 2 small scoops) vanilla protein powder with about 100 calories per serving (like the kind by [Quest Nutrition](#) or [Tera's Whey](#))  
1/4 tsp. cinnamon  
1 1/2 cups crushed ice (about 12 ice cubes)  
Optional: 1 natural no-calorie sweetener packet  
Optional topping: natural light whipped topping (like [So Delicious Cocowhip Light](#))

### Directions

In a tall glass, combine coffee granules with 1/4 cup hot water. Stir to dissolve.

Transfer coffee mixture to a blender, along with remaining ingredients.

Blend at high speed until smooth, stopping and stirring if needed. (The longer you blend it, the bigger and frothier it'll get.)

#### MAKES 1 SERVING

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