



## 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

[Click for WW Points® value\\*](#)

**Prep:** 5 minutes



More: [Drink Recipes \(Smoothies, Cocktails & More\)](#), [Vegetarian Recipes](#), [Single Serving, 30 Minutes or Less](#)

### 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

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

\*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.