



PSL Whipped Coffee



[Click here](#) to see Lisa make it on Facebook, and [click here](#) for YouTube!

Entire recipe: 73 calories, 3.5g total fat (0g sat fat), 138mg sodium, 20.5g carbs, 0.5g fiber, 5g sugars, 1g protein

Green Plan [SmartPoints](#)® value 3*

Blue Plan (Freestyle™) [SmartPoints](#)® value 3*

Purple Plan [SmartPoints](#)® value 3*

Prep: 5 minutes

Tagged: [Drink Recipes \(Smoothies, Cocktails & More\)](#), [Vegetarian Recipes](#), [Single Serving](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

Ingredients

- 1 tbsp. instant coffee granules
- 1 tbsp. no-calorie spoonable sweetener that measures cup-for-cup like sugar (like [the kind by Swerve](#))
- 1 - 2 dashes pumpkin pie spice
- 3/4 cup unsweetened vanilla almond milk
- 1 tbsp. pumpkin spice liquid creamer (like [the kind by Coffee mate](#))
- 1 - 2 dashes cinnamon

Directions

In a bowl or wide glass, combine coffee, sweetener, and pumpkin pie spice. Add 1 tbsp. water, and whisk until frothy, 1 - 2 minutes. ([Watch this video](#) to see Lisa's special whisking technique.)

In a tall glass, combine milk, creamer, and cinnamon. Mix well.

Fill the tall glass with ice, and top with frothy coffee mixture.

MAKES 1 SERVING

HG Alternatives: If using a sweetener that's twice as sweet as sugar (like Truvia), use just 1 1/2 tsp. And to save even more calories and sugar, use a sugar-free creamer!

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SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.