



Pumpkin Spice Latte Swappuccino



Entire recipe (about 16 oz.): 109 calories, 3g total fat (0.5g sat. fat), 167mg sodium, 10g carbs, 2.5g fiber, 2.5g sugars, 11g protein

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Prep: 5 minutes



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Ingredients

3/4 cup unsweetened vanilla almond milk
3 tbsp. vanilla protein powder with about 100 calories per serving (like the kind by [Quest Nutrition](#) or [Tera's Whey](#))
3 tbsp. canned pure pumpkin
2 tsp. instant coffee granules
2 packets no-calorie sweetener (like Truvia)
1/4 tsp. cinnamon
1/8 tsp. pumpkin pie spice
1/8 tsp. vanilla extract
1 1/2 cup crushed ice (about 12 ice cubes)
Optional toppings: light whipped topping (like [Skinny Truwhip](#) or [So Delicious Dairy Free Cocowhip Light](#)), additional pumpkin pie spice

Directions

Place all ingredients in a blender. 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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