



## S'mores Protein Swappuccino



Entire recipe (about 16 oz.): 167 calories, 5g total fat (2.5g sat. fat), 163mg sodium, 20.5g carbs, 1g fiber, 10.5g sugars, 10.5g protein

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**Prep:** 5 minutes



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### Ingredients

2 tsp. instant coffee granules (or 1 [Starbucks VIA Instant packet](#))  
1/2 cup unsweetened vanilla almond milk  
1 1/2 tbsp. vanilla protein powder with about 100 calories per 1-oz. scoop (like the kind by [Quest Nutrition](#) or [Tera's Whey](#))  
1 1/2 tbsp. chocolate protein powder with about 100 calories per 1-oz. scoop (like the kind by [Quest Nutrition](#) or [Tera's Whey](#))  
1 packet natural no-calorie sweetener (like Truvia), or more to taste  
1/2 tsp. vanilla extract  
1 1/4 cups crushed ice (about 10 ice cubes)  
1/4 cup natural light whipped topping (like [Skinny Truwhip](#) or [So Delicious Dairy Free CocoWhip! Light](#))  
1 tsp. light chocolate syrup  
1 graham cracker (1/4 sheet), finely crushed  
1 tbsp. mini marshmallows

### Directions

Place coffee granules in a tall glass. Add 1/4 cup hot water, and stir to dissolve.

Add coffee to a blender, along with almond milk, both protein powders, sweetener, vanilla extract, and ice. Blend at high speed until smooth, stopping and stirring if needed.

Transfer half of the blended drink to a tall glass. Top with half of the whipped topping. Layer with remaining drink and whipped topping.

Top with chocolate syrup, crushed graham cracker, and marshmallows.

#### MAKES 1 SERVING

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