



Sippable Cupcake Swappuccino



Entire recipe (about 16 oz.): 87 calories, 2.5g total fat (0.5g sat. fat), 164mg sodium, 5g carbs, 0.5g fiber, 1g sugars, 10.5g protein

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](#))
1 packet no-calorie sweetener (like Truvia), or more to taste
1/4 tsp. almond extract
1/4 tsp. vanilla extract
1/8 tsp. butter extract
1 1/4 cups crushed ice (about 10 ice cubes)
Optional topping: natural light whipped topping (like [Skinny Truwhip](#) or [So Delicious Dairy Free CocoWhip! Light](#))

Directions

Place all ingredients in a blender. Blend at high speed until smooth, stopping and stirring if needed.

MAKES 1 SERVING

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