



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

Green Plan [SmartPoints](#)® value 2*

Blue Plan (Freestyle™) [SmartPoints](#)® value 2*

Prep: 5 minutes



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

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

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.