



Banana Caramel Coffee Freeze



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Entire recipe: 116 calories, 2.5g total fat (1.5g sat. fat), 116mg sodium, 23.5g carbs, 2g fiber, 12.5g sugars, 2g protein

Prep: 5 minutes



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Ingredients

2 tsp. (or 1 single-serving packet) instant coffee granules
2 tsp. sugar-free French vanilla powdered creamer
1 packet no-calorie sweetener
1/4 tsp. xanthan gum (like [the kind by Anthony's](#))
1/3 cup frozen banana coins (about 1/2 medium banana)
1/2 cup [Almond Breeze Almondmilk Blended with Real Bananas](#)
1/4 tsp. [caramel extract](#)
1 1/2 cups crushed ice (about 12 ice cubes)
Optional toppings: whipped topping, light caramel dip, cinnamon

Directions

In a tall glass, combine coffee, creamer, sweetener, and xanthan gum. Add 3 oz. very hot water, and stir to dissolve.

Transfer mixture to a blender, and add remaining ingredients. Blend at high speed until smooth, stopping and stirring if needed.

MAKES 1 SERVING

HG FYI: The xanthan gum makes shakes thicker and creamier, but feel free to leave it out. And for extra banana flavor, add a few drops of [banana extract](#)!

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