



Cinnamon Dolce Swappuccino



Entire recipe (about 18 oz.): 90 calories, 2g total fat (0.5 sat. fat), 113mg sodium, 5.5g carbs, 1g fiber, 1g sugars, 11g protein

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Prep: 5 minutes



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Ingredients

1 1/2 tsp. instant coffee granules
1/2 cup unsweetened vanilla almond milk
3 tbsp. plain protein powder with about 100 calories per serving
1/2 tsp. cinnamon
1/2 tsp. caramel extract (see HG tip)
1/4 tsp. vanilla extract
2 no-calorie sweetener packets
1 1/2 cups crushed ice (about 12 ice cubes)
Optional topping: additional cinnamon

Directions

1. In a tall glass, combine coffee granules with 1/4 cup hot water. Stir to dissolve.
2. Add coffee mixture to a blender, along with remaining ingredients. 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

HG Tip: If you don't see caramel extract at the supermarket, try Target or Walmart. Or order via Amazon -- real or imitation.

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