



HG's Green Tea Crème Swappuccino



Entire recipe (about 16 oz. with whipped topping): 75 calories, 2.5g total fat (1g sat fat), 96mg sodium, 8g carbs, 1g fiber, 4g sugars, 3g protein

Green Plan [SmartPoints](#)® value 3*

Blue Plan ([Freestyle](#)™) [SmartPoints](#)® value 3*

Prep: 5 minutes



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

Ingredients

- 4 oz. light vanilla soymilk
- 1 oz. [Torani Sugar Free Vanilla Syrup](#)
- 2 tsp. Coffee-mate Sugar Free French Vanilla powdered creamer
- 1 heaping tsp. matcha green tea powder (found in tea shops, at select markets, and online)
- 2 no-calorie sweetener packets (like Truvia)
- 1 1/2 cups crushed ice
- 2 tbsp. Fat Free Reddi-wip

Directions

Combine matcha green tea powder and powdered creamer with 2 oz. of warm water, and stir until powders have completely dissolved.

Place this mixture in a blender, along with the soymilk, syrup, sweetener, and ice. Blend on high speed for about 30 seconds.

Pour into a glass, and top with the Reddi-wip. Enjoy!

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.)

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