



Iced Cereal Milk Latte



Entire recipe: 89 calories, 4g total fat (2.5g sat. fat), 158mg sodium, 10.5g carbs, 0.5g fiber, 6.5g sugars, 0.5g protein

[Click for WW Points® value*](#)

Prep: 20 minutes



More: [Drink Recipes \(Smoothies, Cocktails & More\)](#), [Vegetarian Recipes](#), [Single Serving, 30 Minutes or Less](#), [5 Ingredients or Less](#)

Ingredients

- 1/2 cup Cinnamon Toast Crunch cereal (or your favorite sweet cereal you have)
- 1/2 cup unsweetened vanilla almond milk
- 1 tbsp. sugar-free French vanilla powdered creamer
- 1 heaping tsp. instant coffee granules
- 1 packet no-calorie sweetener

Directions

Place cereal and almond milk in a glass measuring cup. Let cereal soak for 10–15 minutes.

In a tall glass, combine creamer, coffee, and sweetener. Add 1/4 cup hot water, and stir to dissolve. Add 1/4 cup cold water, and stir until uniform.

Discard cereal, and add cereal milk to the tall glass. Fill with ice.

MAKES 1 SERVING

Nutritional information for this recipe has been estimated, factoring in 40% of the calories, sodium, and sugar from the cereal.

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.