



Oreo Frappe



Entire recipe (about 16 oz.): 198 calories, 7.5g total fat (2.5g sat. fat), 188mg sodium, 23g carbs, 3.5g fiber, 10g sugars, 11.5g protein

Prep: 5 minutes



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Ingredients

1 tbsp. unsweetened cocoa powder
1 tsp. instant coffee granules
1/2 cup unsweetened vanilla almond milk
3 tbsp. chocolate protein powder with 100 calories per serving
1 no-calorie sweetener packet (like Truvia)
1 1/2 cups crushed ice (about 12 ice cubes)
3 Oreo Thins, lightly crushed

Directions

In a tall glass, combine cocoa powder and coffee granules with 1/4 cup hot water. Stir to dissolve.

Add coffee mixture to a blender, along with remaining ingredients *except* Oreo Thins. Add 2 Oreo Thins to the blender, breaking them into pieces.

Blend at high speed until smooth, stopping and stirring if needed.

Crush remaining Oreo Thin, and sprinkle on top.

MAKES 1 SERVING

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