



Peanut Butter Cup Coffee Freeze



[Click here](#) to see Lisa make it on Facebook, and [click here](#) for YouTube!

Entire recipe: 145 calories, 6.5g total fat (2.5g sat. fat), 190mg sodium, 17g carbs, 4g fiber, 5.5g sugars, 8g protein

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Prep: 5 minutes



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Ingredients

2 tbsp. powdered peanut butter (like [the kind by PB2](#))
1 tbsp. unsweetened dark cocoa powder
2 tsp. (or 1 single-serving packet) instant coffee granules
2 packets no-calorie sweetener
1 tsp. mini semi-sweet chocolate chips
1/4 tsp. xanthan gum (like [the kind by Anthony's](#))
1/2 cup unsweetened vanilla almond milk
1 1/2 cups crushed ice (about 12 cubes)
2 tbsp. light whipped topping

Directions

In a tall glass, combine powdered peanut butter, cocoa powder, coffee, sweetener, chocolate chips, and xanthan gum. Add 3 fl. oz. very hot water, and stir to dissolve.

Transfer mixture to a blender. Add almond milk and ice. Blend at high speed until smooth, stopping and stirring if needed.

Pour drink into the tall glass, and top with whipped topping.

MAKES 1 SERVING

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