



PSL Whipped Coffee



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

Entire recipe: 73 calories, 3.5g total fat (0g sat. fat), 138mg sodium, 20.5g carbs, 0.5g fiber, 5g sugars, 1g protein

Prep: 5 minutes



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Ingredients

- 1 tbsp. instant coffee granules
- 1 tbsp. no-calorie spoonable sweetener that measures cup-for-cup like sugar (like [the kind by Swerve](#))
- 1 - 2 dashes pumpkin pie spice
- 3/4 cup unsweetened vanilla almond milk
- 1 tbsp. pumpkin spice liquid creamer (like [the kind by Coffee mate](#))
- 1 - 2 dashes cinnamon

Directions

In a bowl or wide glass, combine coffee, sweetener, and pumpkin pie spice. Add 1 tbsp. water, and whisk until frothy, 1 - 2 minutes. ([Watch this video](#) to see Lisa's special whisking technique.)

In a tall glass, combine milk, creamer, and cinnamon. Mix well.

Fill the tall glass with ice, and top with frothy coffee mixture.

MAKES 1 SERVING

HG Alternatives: If using a sweetener that's twice as sweet as sugar (like Truvia), use just 1 1/2 tsp. And to save even more calories and sugar, use a sugar-free creamer!

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