



## Banana Caramel Coffee Freeze



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

Entire recipe: 116 calories, 2.5g total fat (1.5g sat. fat), 116mg sodium, 23.5g carbs, 2g fiber, 12.5g sugars, 2g protein

**Prep:** 5 minutes



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

### Ingredients

2 tsp. (or 1 single-serving packet) instant coffee granules  
2 tsp. sugar-free French vanilla powdered creamer  
1 packet no-calorie sweetener  
1/4 tsp. xanthan gum (like [the kind by Anthony's](#))  
1/3 cup frozen banana coins (about 1/2 medium banana)  
1/2 cup [Almond Breeze Almondmilk Blended with Real Bananas](#)  
1/4 tsp. [caramel extract](#)  
1 1/2 cups crushed ice (about 12 ice cubes)  
Optional toppings: whipped topping, light caramel dip, cinnamon

### Directions

In a tall glass, combine coffee, creamer, sweetener, and xanthan gum. Add 3 oz. very hot water, and stir to dissolve.

Transfer mixture to a blender, and add remaining ingredients. Blend at high speed until smooth, stopping and stirring if needed.

MAKES 1 SERVING

**HG FYI:** The xanthan gum makes shakes thicker and creamier, but feel free to leave it out. And for extra banana flavor, add a few drops of [banana extract](#)!

FYI: We may receive affiliate compensation from some of these links.

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

We may have received free samples of food, 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.

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.