



Vanilla Java Swappuccino



Entire recipe (about 18 oz.): 84 calories, 2.5g total fat (0.5g sat. fat), 163mg sodium, 5g carbs, 0.5g fiber, 1g sugars, 10.5g protein

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Prep: 5 minutes



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Ingredients

- 3/4 cup unsweetened vanilla almond milk
- 3 tbsp. vanilla protein powder with about 100 calories per serving (like the kind by [Quest Nutrition](#) or [Tera's Whey](#))
- 1 1/2 tsp. instant coffee granules
- 1/8 tsp. vanilla extract
- 1 no-calorie sweetener packet
- 1 1/4 cup crushed ice (about 10 ice cubes)

Directions

Place all ingredients in a blender. Blend at high speed until smooth, stopping and stirring if needed. (The longer you blend it, the bigger and frothier it'll get.)

MAKES 1 SERVING

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