



Cinnamon Dolce Swappuccino



Entire recipe (about 18 oz.): 90 calories, 2g total fat (0.5 sat. fat), 113mg sodium, 5.5g carbs, 1g fiber, 1g sugars, 11g protein

[Click for WW Points® value*](#)

Prep: 5 minutes



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

Ingredients

1 1/2 tsp. instant coffee granules
1/2 cup unsweetened vanilla almond milk
3 tbsp. plain protein powder with about 100 calories per serving
1/2 tsp. cinnamon
1/2 tsp. caramel extract (see HG tip)
1/4 tsp. vanilla extract
2 no-calorie sweetener packets
1 1/2 cups crushed ice (about 12 ice cubes)
Optional topping: additional cinnamon

Directions

1. In a tall glass, combine coffee granules with 1/4 cup hot water. Stir to dissolve.
2. Add coffee mixture to a blender, along with remaining ingredients. 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

HG Tip: If you don't see caramel extract at the supermarket, try Target or Walmart. Or order via Amazon -- real or imitation.

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.