



HG's Green Tea Crème Swappuccino



Entire recipe (about 16 oz. with whipped topping): 75 calories, 2.5g total fat (1g sat. fat), 96mg sodium, 8g carbs, 1g fiber, 4g sugars, 3g protein

[Click for WW Points® value*](#)

Prep: 5 minutes



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

Ingredients

- 4 oz. light vanilla soymilk
- 1 oz. [Torani Sugar Free Vanilla Syrup](#)
- 2 tsp. Coffee-mate Sugar Free French Vanilla powdered creamer
- 1 heaping tsp. matcha green tea powder (found in tea shops, at select markets, and online)
- 2 no-calorie sweetener packets (like Truvia)
- 1 1/2 cups crushed ice
- 2 tbsp. Fat Free Reddi-wip

Directions

Combine matcha green tea powder and powdered creamer with 2 oz. of warm water, and stir until powders have completely dissolved.

Place this mixture in a blender, along with the soymilk, syrup, sweetener, and ice. Blend on high speed for about 30 seconds.

Pour into a glass, and top with the Reddi-wip. Enjoy!

MAKES 1 SERVING

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.