



Iced Cereal Milk Latte



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Entire recipe: 89 calories, 4g total fat (2.5g sat. fat), 158mg sodium, 10.5g carbs, 0.5g fiber, 6.5g sugars, 0.5g protein

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Prep: 20 minutes



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Ingredients

- 1/2 cup Cinnamon Toast Crunch cereal (or your favorite sweet cereal you have)
- 1/2 cup unsweetened vanilla almond milk
- 1 tbsp. sugar-free French vanilla powdered creamer
- 1 heaping tsp. instant coffee granules
- 1 packet no-calorie sweetener

Directions

Place cereal and almond milk in a glass measuring cup. Let cereal soak for 10 - 15 minutes.

In a tall glass, combine creamer, coffee, and sweetener. Add 1/4 cup hot water, and stir to dissolve. Add 1/4 cup cold water, and stir until uniform.

Discard cereal, and add cereal milk to the tall glass. Fill with ice.

MAKES 1 SERVING

Nutritional information for this recipe has been estimated, factoring in 40% of the calories, sodium, and sugar from the cereal.

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