

HEALTHY VANILLA FRAPPE

with Coconut Whipped Cream

NUTRITION

Per Serving*

***2 SERVINGS** without
coconut whipped cream

Calories: **38**
Total Fat: **2g**
Total Carbohydrates: **2g**
Protein: **1g**

This **Healthy Vanilla Frappe** is a refreshing and diabetes-conscious alternative to sugary coffeehouse drinks. Made with unsweetened almond milk, monk fruit sweetener and a splash of vanilla, it delivers creamy, rich flavour with no added sugar and minimal carbs. Espresso adds a bold kick, while optional whipped coconut cream keeps it dairy-free and indulgent. It's the perfect low-glycemic pick-me-up for warm days or any time you want a sweet sip without the sugar crash.



INGREDIENTS

2 oz espresso (*cooled*)

1 ½ cups milk (*non-fat or plant-based*)

2 cups ice

2 tbsp monk fruit sweetener

1 tsp vanilla extract

optional: whipped coconut cream (*store bought or homemade*)**

INSTRUCTIONS

- 1** In a high speed blender, add the espresso, milk, ice, monk fruit sweetener and vanilla. Blend on high until combined and smooth. Add additional ice for a thicker beverage.
- 2** Transfer beverage to two tall glasses and top with whipped coconut cream, if desired.

NUTRITION

Per Serving**

****2 SERVINGS** with store
bought whipped coconut
cream (2 tbsp per serving)

Calories: **48**
Total Fat: **3g**
Total Carbohydrates: **3g**
Protein: **1g**



Drink

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