

Healthy Homemade Decaf Frappuccino

This homemade decaf Frappuccino is a creamy, chilled coffee drink you can prepare as one large batch and keep in the refrigerator. It gives you a sweet, creamy flavor.

Simply mix everything together, chill it, and keep the finished Frappuccino refrigerated until you're ready to enjoy it.

Prep Time: 10 minutes

Chill Time: 1–2 hours

Total Time: About 1 hour 10 minutes

Yield: About 6½ cups

Serving Size: 1 cup

Servings Per Batch: About 6½

Ingredients

- 5 cups water, divided
- 6 teaspoons instant decaf coffee granules
- 1 cup 2% milk or unsweetened almond milk
- ½ cup evaporated milk
- ¼ to ⅓ cup pure maple syrup, depending on desired sweetness
- 1 teaspoon vanilla extract
- ¼ teaspoon ground cinnamon, optional

Instructions

Step 1

Heat ½ **cup of the water** until hot. Stir in the instant decaf coffee until completely dissolved.

Step 2

Pour the dissolved coffee into a large pitcher or covered container. Add the remaining **4½ cups cold water**, milk, evaporated milk, maple syrup, vanilla, and optional cinnamon.

Step 3

Stir thoroughly until everything is completely combined.

Step 4

Cover and refrigerate for **1–2 hours**, or until thoroughly chilled.

Step 5

Stir or shake the entire mixture well before drinking, since some ingredients may settle while refrigerated.

Sweetness Options

Use **¼ cup maple syrup** for a moderately sweet Frappuccino.

Use **⅓ cup maple syrup** for a sweeter, more coffee-shop-style drink.

Helpful Tips

For a stronger coffee flavor: Increase the instant decaf coffee to **7 teaspoons** while keeping the water amount the same.

For a creamier Frappuccino: Use 2% milk.

For a lighter Frappuccino: Use unsweetened almond milk.

Using cinnamon: Cinnamon may settle at the bottom while the drink sits, so stir or shake the mixture well before drinking.

Storage: Keep the entire batch covered in the refrigerator and stir or shake well before pouring.

Estimated Nutrition Facts for the Entire Batch

When prepared with **2% milk and $\frac{1}{4}$ cup maple syrup**, the entire approximately 6 $\frac{1}{2}$ -cup batch contains roughly:

- **Calories:** 500
- **Protein:** 16–17 g
- **Total Fat:** 14–15 g
- **Carbohydrates:** approximately 78 g
- **Total Sugars:** approximately 75 g
- **Added Sugars:** approximately 52 g

When prepared with **$\frac{1}{3}$ cup maple syrup**, the entire batch contains approximately:

- **Calories:** 565–575
- **Protein:** 16–17 g
- **Total Fat:** 14–15 g
- **Carbohydrates:** approximately 95 g
- **Total Sugars:** approximately 92 g
- **Added Sugars:** approximately 69 g

Estimated Nutrition Facts

Serving Size: 1 cup

If Using $\frac{1}{4}$ Cup Maple Syrup

Per 1-cup serving:

- **Calories:** about 75–80
- **Protein:** about 2.5 g

- **Total Fat:** about 2 g
- **Saturated Fat:** about 1.3 g
- **Carbohydrates:** about 12 g
- **Dietary Fiber:** 0 g
- **Total Sugars:** about 11 g
- **Added Sugars:** about 7 g
- **Sodium:** about 35–50 mg

If Using $\frac{1}{3}$ Cup Maple Syrup

Per 1-cup serving:

- **Calories:** about 85–90
- **Protein:** about 2.5 g
- **Total Fat:** about 2 g
- **Saturated Fat:** about 1.3 g
- **Carbohydrates:** about 14 g
- **Dietary Fiber:** 0 g
- **Total Sugars:** about 13 g
- **Added Sugars:** about 9–10 g
- **Sodium:** about 35–50 mg

These estimates assume **2% milk and regular evaporated milk**. Using unsweetened almond milk would generally reduce the calories and carbohydrates somewhat.

Nutrition values are estimates and will vary according to the brands of milk, evaporated milk, coffee, and maple syrup used.