



## Piña Colada Freeze



Entire recipe: 156 calories, <0.5g total fat, 41mg sodium, 18g carbs, 0.5g fiber, 12g sugars, 2g protein

**Prep:** 5 minutes



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### Ingredients

- 1 1/2 oz. coconut rum
- 1 1/2 oz. sugar-free calorie-free coconut-flavored syrup
- 1/4 cup fat-free vanilla ice cream
- 1 tbsp. crushed pineapple packed in juice
- 1 no-calorie sweetener packet
- 1 cup crushed ice or 5 to 8 ice cubes
- Optional garnish: pineapple wedge

### Directions

Combine all ingredients in a blender, and blend at high speed until smooth.

Pour into a glass and enjoy!

**MAKES 1 SERVING**

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