



Pineapple Frojitos



1/2 of recipe (1 drink): 179 calories, <0.5g total fat (0g sat. fat), 11mg sodium, 21.5g carbs, 2g fiber, 14.5g sugars, 0.5g protein

Prep: 10 minutes



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Ingredients

10 mint leaves
1 no-calorie sweetener packet
2 limes, each cut into 4 wedges
One 8-oz. can crushed pineapple packed in juice (not drained)
3 oz. rum
2 cups crushed ice or 10 to 16 ice cubes

Directions

Evenly distribute mint and sweetener between 2 glasses. Add 2 lime wedges to each glass.

Squeeze the juice from the remaining lime wedges into the glasses. Discard these wedges.

Muddle (a.k.a. mash) the contents of each glass.

To a blender, add (undrained) pineapple, rum, and ice. Blend at high speed until smooth.

Evenly divide contents of the blender between the 2 glasses. Stir and drink up!

MAKES 2 SERVINGS

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