



Carrot Pineapple Smoothie



Entire recipe (about 16 oz.): 136 calories, 1.5g total fat (0g sat fat), 146mg sodium, 24g carbs, 2.5g fiber, 18.5g sugars, 6.5g protein

Blue Plan (Freestyle™) SmartPoints® value 6*

Prep: 5 minutes



Tagged: [Drink Recipes \(Smoothies, Cocktails & More\)](#), [Vegetarian Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

Ingredients

1/2 cup pineapple chunks packed in juice (not drained)
1/2 cup unsweetened vanilla almond milk
1/3 cup shredded carrot
1/4 cup fat-free plain Greek yogurt
1/8 tsp. cinnamon, or more to taste
1 packet natural no-calorie sweetener (like Truvia)
1 cup crushed ice (about 8 ice cubes)
Optional: ground ginger

Directions

Place all ingredients in a blender. Blend at high speed until smooth, stopping and stirring if needed.

MAKES 1 SERVING

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.