



Creamy Coconut Raspberry Smoothie



Entire recipe (about 18 oz.): 106 calories, 5g total fat (4g sat fat), 16mg sodium, 15.5g carbs, 7.5g fiber, 4.5g sugars, 1g protein

Green Plan [SmartPoints](#)® value 5*

Blue Plan (Freestyle™) [SmartPoints](#)® value 5*

Purple Plan [SmartPoints](#)® value 5*

Prep: 5 minutes



Tagged: [Drink Recipes \(Smoothies, Cocktails & More\)](#), [Vegetarian Recipes](#), [Single Serving](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

Ingredients

- 1 cup unsweetened vanilla coconut milk beverage (like [the kind by So Delicious](#))
- 3/4 cup frozen unsweetened raspberries, partially thawed
- 1/8 tsp. coconut extract
- 2 no-calorie sweetener packets (like Splenda or Truvia)
- 1 cup crushed ice *or* 5 - 8 ice cubes

Directions

Place all ingredients in a blender, and blend at high speed until smooth. Drink up!

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.)

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