



Lava Smash



1/2 of recipe, 1 drink: 177 calories, <0.5g total fat (0g sat fat), 42mg sodium, 19g carbs, 2g fiber, 10g sugars, 1.5g protein

Green Plan [SmartPoints](#)® value 7*

Blue Plan ([Freestyle](#)™) [SmartPoints](#)® value 7*

Prep: 10 minutes



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

Ingredients

8 frozen unsweetened strawberries, partially thawed
3 oz. rum
4 oz. (1/2 cup) sugar-free calorie-free coconut-flavored syrup (like Torani Sugar Free)
1/2 cup fat-free vanilla ice cream
1/4 cup crushed pineapple in juice (not drained)
2 no-calorie sweetener packets (like Splenda or Truvia)
2 cups crushed ice *or* 10 - 16 ice cubes
Optional garnish: pineapple wedges

Directions

Add strawberries and rum to a blender and puree until smooth. Distribute evenly between 2 tall glasses.

Rinse blender. Put remaining ingredients in the blender along with 4 oz. (1/2 cup) of cold water. Blend at high speed until smooth.

Very slowly pour the contents of the blender over the strawberry mixture in the glasses. If you like, garnish each glass with a pineapple wedge. Enjoy!

MAKES 2 SERVINGS

[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.