



My Oh Mai Tai



Entire recipe: 133 calories, 0g total fat (0g sat fat), 18mg sodium, 9g carbs, 0g fiber, 7g sugars, 0g 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

- 2 oz. calorie-free lemon-lime soda
- 2 oz. pineapple-orange juice
- 1 oz. rum
- 3 drops almond extract
- 1 no-calorie sweetener packet (like Truvia)
- 1/2 oz. dark spiced rum
- Optional garnish: pineapple wedge

Directions

In a glass or shaker, mix all ingredients *except* ice and spiced rum.

Pour into a glass filled with ice. Top with spiced rum.

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.