



Perfect Piña Colada



Entire recipe (about 22 oz.): 183 calories, 0.5g total fat (0.5g sat fat), 35mg sodium, 11g carbs, 0.5g fiber, 8g sugars, 9.5g protein

Green Plan [SmartPoints](#)® value 6*

Blue Plan ([Freestyle](#)™) [SmartPoints](#)® value 6*



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

Ingredients

1/4 cup canned crushed pineapple packed in juice (not drained)
3 tbsp. vanilla protein powder with about 100 calories per 1-oz. (like the kind by [Quest Nutrition](#) or [Tera's Whey](#))
1 1/2 oz. white rum
1/8 tsp. coconut extract
1 cup crushed ice (about 8 ice cubes)

Directions

Place all ingredients in a blender. Add 1/2 cup water, and blend at high speed until smooth, stopping and stirring if needed.

MAKES 1 SERVING

HG Alternative: For a non-alcoholic sipper, just leave out the rum. Then your drink will have 87 calories and a **SmartPoints**® value of 3* (all plans).

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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.