



## Piña Colada Dream Whip



Entire recipe: 95 calories, 3g total fat (1.5g sat fat), 73mg sodium, 14.5g carbs, 1.5g fiber, 10g sugars, 1g protein

**Green Plan [SmartPoints](#)® value 2\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 2\***

**Purple Plan [SmartPoints](#)® value 2\***

**Prep:** 5 minutes



Tagged: [Dessert Recipes](#), [Vegetarian Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

### Ingredients

3 oz. unsweetened vanilla almond milk  
Half a packet [Pineapple Crush Singles to Go drink mix](#), or more to taste  
1/4 tsp. coconut extract  
1/2 cup frozen pineapple chunks (no sugar added)  
1/2 cup crushed ice (about 4 ice cubes)  
2 tbsp. light whipped topping  
1 tsp. sweetened shredded coconut

### Directions

In a small bowl, combine almond milk, drink mix, and coconut extract. Mix well, and transfer to a small blender or food processor.

Add pineapple and ice. Blend at high speed until smooth, stopping and stirring if needed. (Mixture will be thick.)

Transfer to a medium glass or bowl. Top with whipped topping and shredded coconut, and eat with a spoon!

MAKES 1 SERVING

**HG Alternative:** If you can't find Pineapple Crush Singles to Go packets, use [the version by Sunkist](#).

**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.