



Pineapple Freezy Whip



Entire recipe: 120 calories, 2.5g total fat (2g sat. fat), 60mg sodium, 24g carbs, 2.5g fiber, 18g sugars, 1g protein

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Prep: 5 minutes or less



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Ingredients

Half a packet [Pineapple Crush Singles to Go drink mix](#)
1/4 cup unsweetened vanilla almond milk
3/4 cup frozen pineapple chunks
1/2 cup crushed ice (about 4 ice cubes)
3 tbsp. light whipped topping

Directions

In a tall glass, dissolve drink mix in 1/2 cup cold water. Add milk, and mix well.

Transfer mixture to a blender. Add pineapple and ice. Blend at high speed until smooth, stopping and stirring if needed.

Add 1 tbsp. whipped topping to the bottom of your glass. Top with half of the pineapple mixture and 1 tbsp. whipped topping. Repeat layering with remaining pineapple mixture and the remaining 1 tbsp. whipped topping.

MAKES 1 SERVING

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

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