



## 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

**Green Plan [SmartPoints](#)® value 6\***

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

**Purple Plan [SmartPoints](#)® value 6\***

**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](#).

**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.