



Pineapple Frojitos



1/2 of recipe (1 drink): 179 calories, <0.5g total fat (0g sat fat), 11mg sodium, 21.5g carbs, 2g fiber, 14.5g sugars, 0.5g protein

Green Plan [SmartPoints](#)® value 7*

Blue Plan ([Freestyle](#)™) [SmartPoints](#)® value 8*

Prep: 10 minutes



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

Ingredients

- 10 mint leaves
- 1 no-calorie sweetener packet
- 2 limes, each cut into 4 wedges
- One 8-oz. can crushed pineapple packed in juice (not drained)
- 3 oz. rum
- 2 cups crushed ice or 10 to 16 ice cubes

Directions

Evenly distribute mint and sweetener between 2 glasses. Add 2 lime wedges to each glass.

Squeeze the juice from the remaining lime wedges into the glasses. Discard these wedges.

Muddle (a.k.a. mash) the contents of each glass.

To a blender, add (undrained) pineapple, rum, and ice. Blend at high speed until smooth.

Evenly divide contents of the blender between the 2 glasses. Stir and drink up!

MAKES 2 SERVINGS

[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.)

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