



## Swingin' Sangria



1/10th of recipe (1 cup): 97 calories, <0.5g total fat (0g sat fat), 12mg sodium, 10g carbs, 1g fiber, 6g sugars, 0.5g protein

**Blue Plan (Freestyle™) SmartPoints®** value 3\*



### Ingredients

One 2-serving packet (about 1 tsp.) sugar-free lemonade powdered drink mix  
One 8-oz. can pineapple chunks packed in juice, not drained  
2 cups sliced strawberries  
1 orange, peeled, roughly chopped, seeds removed  
1 peach or nectarine, roughly chopped  
1 lime, sliced into rings  
One 750-ml bottle pinot grigio  
12 oz. diet lemon-lime soda

### Directions

Combine powdered drink mix with 8 oz. water in a glass and stir to dissolve. Set aside.

Place all fruit in a large pitcher. Add lemonade mixture, 8 additional oz. water, and pinot grigio. Cover and refrigerate for at least 5 hours. (Overnight is best.)

Just prior to serving, stir in soda.

**MAKES 10 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.)

\*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.