



## Tropical Cherry Freeze



Entire recipe (about 20 oz.): 162 calories, <0.5g total fat (0g sat fat), 23mg sodium, 39g carbs, 3.5g fiber, 31.5g sugars, 1.5g protein

**Green Plan [SmartPoints](#)® value 9\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 9\***

**Prep:** 5 minutes



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

### Ingredients

- 1 cup frozen unsweetened pitted dark sweet cherries, partially thawed
- 1/2 cup coconut water
- 1/4 cup canned crushed pineapple in juice
- 1 tbsp. fresh lemon juice
- 1 no-calorie sweetener packet (like Splenda or Truvia)
- 1 cup crushed ice *or* 5 - 8 ice cubes

### Directions

Place all ingredients in a blender. Blend at high speed until smooth, stopping and stirring if needed. Fruitylicious!

MAKES 1 SERVING

[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.