



Virgin Raspberry Piña Colada



Entire recipe: 197 calories, 1g total fat (0g sat. fat), 96mg sodium, 40g carbs, 4g fiber, 30g sugars, 5.5g protein

Prep: 5 minutes



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Ingredients

2 tsp. fat-free nondairy powdered creamer
1 packet natural no-calorie sweetener (like Truvia)
1/2 cup light vanilla soymilk
1/2 cup frozen unsweetened raspberries, partially thawed
1/3 cup fat-free vanilla ice cream or frozen yogurt
1/3 cup canned crushed pineapple (not drained)
1/8 tsp. coconut extract
1 1/2 cups crushed ice (or 8 - 12 ice cubes)

Directions

In a very tall glass, combine creamer with sweetener. Add 2 tbsp. hot water, and stir to dissolve.

Transfer mixture to a blender. Add all remaining ingredients, and blend at high speed until smooth, stopping and stirring if needed. Pour and enjoy!

MAKES 1 SERVING

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