

Guilt Free Pina Colada Freeze

Ingredients:

1 oz. light rum
1.5 oz. Torani Sugar Free Coconut Syrup (find at World Market)
1/4 cup Breyer's Double Churn Fat Free Ice Cream, Creamy Vanilla
(I find this only at Schnucks right now)(or another 1 point per 1/2 cup ice cream)
1 tbsp. crushed pineapple in its own juice
3/4 cup crushed ice
1 packet Splenda (or another no-calorie sweetener)

Directions:

Put all ingredients in a blender. Blend on high speed for 30 seconds.
Pour into a cute cocktail glass. Then share this recipe with everyone
you know!

Serving Size: 1 recipe

Calories: 126 / Fat: 0g / Fiber: 1.5g

2 Points

POTATO CASSEROLE

Ingredients:

1 small onion
1 cup of 2% shredded cheddar cheese
2 tbsp margarine
1/2 tsp pepper
1 (32 oz) pkg of southern-style hash browns (thawed)
16 oz container of fat-free sour cream
1 10oz can of 98% FF cream of chicken soup
Pam cooking spray

Directions:

Spray a baking dish with Pam. Combine all the ingredients and place
in baking dish. Bake at 350 degrees for 1 hour.

Serving size: 1 cup

Points: 3

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