

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