



Lava Smash



1/2 of recipe, 1 drink: 177 calories, <0.5g total fat (0g sat. fat), 42mg sodium, 19g carbs, 2g fiber, 10g sugars, 1.5g protein

[Click for WW Points® value*](#)

Prep: 10 minutes



More: [Drink Recipes \(Smoothies, Cocktails & More\)](#), [Vegetarian Recipes](#), [30 Minutes or Less](#), [Gluten-Free](#)

Ingredients

8 frozen unsweetened strawberries, partially thawed
3 oz. rum
4 oz. (1/2 cup) sugar-free calorie-free coconut-flavored syrup (like Torani Sugar Free)
1/2 cup fat-free vanilla ice cream
1/4 cup crushed pineapple in juice (not drained)
2 no-calorie sweetener packets (like Splenda or Truvia)
2 cups crushed ice *or* 10 - 16 ice cubes
Optional garnish: pineapple wedges

Directions

Add strawberries and rum to a blender and puree until smooth. Distribute evenly between 2 tall glasses.

Rinse blender. Put remaining ingredients in the blender along with 4 oz. (1/2 cup) of cold water. Blend at high speed until smooth.

Very slowly pour the contents of the blender over the strawberry mixture in the glasses. If you like, garnish each glass with a pineapple wedge. Enjoy!

MAKES 2 SERVINGS

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies. *The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.