



Perfect Piña Colada



Entire recipe (about 22 oz.): 183 calories, 0.5g total fat (0.5g sat. fat), 35mg sodium, 11g carbs, 0.5g fiber, 8g sugars, 9.5g protein



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Ingredients

1/4 cup canned crushed pineapple packed in juice (not drained)
3 tbsp. vanilla protein powder with about 100 calories per 1-oz. (like the kind by [Quest Nutrition](#) or [Tera's Whey](#))
1 1/2 oz. white rum
1/8 tsp. coconut extract
1 cup crushed ice (about 8 ice cubes)

Directions

Place all ingredients in a blender. Add 1/2 cup water, and blend at high speed until smooth, stopping and stirring if needed.

MAKES 1 SERVING

HG Alternative: For a non-alcoholic sipper, just leave out the rum. Then your drink will have 87 calories and a **SmartPoints**® value of 3* (all plans).

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