# Piña Colada Dream Whip

Entire recipe: 95 calories, 3g total fat (1.5g sat. fat), 73mg sodium, 14.5g carbs, 1.5g fiber, 10g sugars, 1g protein

**Prep:** 5 minutes

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## Ingredients

3 oz. unsweetened vanilla almond milk
Half a packet <u>Pineapple Crush Singles to Go drink mix</u>, or more to taste
1/4 tsp. coconut extract
1/2 cup frozen pineapple chunks (no sugar added)
1/2 cup crushed ice (about 4 ice cubes)
2 tbsp. light whipped topping
1 tsp. sweetened shredded coconut

## Directions

In a small bowl, combine almond milk, drink mix, and coconut extract. Mix well, and transfer to a small blender or food processor.

Add pineapple and ice. Blend at high speed until smooth, stopping and stirring if needed. (Mixture will be thick.)

Transfer to a medium glass or bowl. Top with whipped topping and shredded coconut, and eat with a spoon!

MAKES 1 SERVING

**HG Alternative:** If you can't find Pineapple Crush Singles to Go packets, use <u>the version by Sunkist</u>.