



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

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Prep: 10 minutes



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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

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