



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 [Pineapple Crush Singles to Go drink mix](#), 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 [the version by Sunkist](#).

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