



Pineapple Frojitos



1/2 of recipe (1 drink): 179 calories, <0.5g total fat (0g sat. fat), 11mg sodium, 21.5g carbs, 2g fiber, 14.5g sugars, 0.5g protein

Prep: 10 minutes



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

Ingredients

10 mint leaves
1 no-calorie sweetener packet
2 limes, each cut into 4 wedges
One 8-oz. can crushed pineapple packed in juice (not drained)
3 oz. rum
2 cups crushed ice or 10 to 16 ice cubes

Directions

Evenly distribute mint and sweetener between 2 glasses. Add 2 lime wedges to each glass.

Squeeze the juice from the remaining lime wedges into the glasses. Discard these wedges.

Muddle (a.k.a. mash) the contents of each glass.

To a blender, add (undrained) pineapple, rum, and ice. Blend at high speed until smooth.

Evenly divide contents of the blender between the 2 glasses. Stir and drink up!

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.