



Tropical Cherry Freeze



Entire recipe (about 20 oz.): 162 calories, <0.5g total fat (0g sat. fat), 23mg sodium, 39g carbs, 3.5g fiber, 31.5g sugars, 1.5g protein

Prep: 5 minutes



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Ingredients

- 1 cup frozen unsweetened pitted dark sweet cherries, partially thawed
- 1/2 cup coconut water
- 1/4 cup canned crushed pineapple in juice
- 1 tbsp. fresh lemon juice
- 1 no-calorie sweetener packet (like Splenda or Truvia)
- 1 cup crushed ice *or* 5 - 8 ice cubes

Directions

Place all ingredients in a blender. Blend at high speed until smooth, stopping and stirring if needed. Fruitylicious!

MAKES 1 SERVING

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