

Pineapple Milkshake

This is so delicious you'll feel guilty – but not for long!

And a huge 16 OZ shake has:

Calories 170 Fat 0g Fiber 2g Carbs 24

What you'll need:

- 1 Cup Fat Free Milk
- 1 tsp Vanilla extract
- 1 Cup fresh diced Pineapple, placed in a baggie and frozen – slightly separated so they will come apart easily.
- ½ Cup fresh Pineapple chunks, chilled (Optional)
- 3 Packets artificial sweetener (or to taste – start with one then add to taste. I use 3)

A blender

Let's get to cooking!

1. Pour fat free milk and vanilla into your blender.
2. Put half of your frozen pineapple into the blender and blend until creamy.
3. Continue to add frozen pineapple until a spoon will stand up in the blender.
4. Add your sugar substitute and blend or fold in (by this time it's pretty thick).
5. If you want to add the fresh, chilled chunks of pineapple this is where you'd do that.
6. Pour into a large glass and dig in! (You'll need a spoon. This is too thick for a straw!)

And this makes a HUGE milk shake! And FYI – a regular fast food shake can have over 700 calories for a medium size. You could drink almost THREE of these for that, so definitely more bang for your calorie buck!

OPTIONAL

This is so yummy and makes for a great summer drink! If you are of a mind, this would be great with a splash of rum – to make a fake Pina Colada!

NOTE: This makes a wonderful “fake” ice cream dessert for guests. But I'd double the recipe for that. Everyone will want more.

I have had this for my dinner more than once. I toss in 1/3 cup All Bran bran buds (CRUNCHY, CHUNCHY GOOD!) and I'm basically having milk, fruit and cereal; three of the food groups for healthy eating. I have redefined what a meal is to me. As long as I get all the veggies, protein, calcium, fiber and fruit I am supposed to get each day I don't restrict myself as to how I accomplish that. So a great shake like this is just the ticket for me.

My passionate love of ice cream inspired this **Kitty's Lighter Weigh** Recipe!