



WEIGH-IN WEEKLY WEIGH-IN

Temperatures are on the rise, so we're getting ready with recipes for chilly drinks! And while some smoothies are more like meal replacements, these low-calorie beverages are perfect as sippable snacks. YUM...

Tropical Cherry Freeze **PRINT**

Entire recipe (about 20 oz.): 162 calories, <0.5g fat, 23mg sodium, 39g carbs, 3.5g fiber, 31.5g sugars, 1.5g protein -- **PointsPlus®** value 4*

So tasty and tropical, you might be tempted to pop a little paper umbrella in your glass. We wouldn't stop you...

Prep: 5 minutes

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



Creamy Coconut Raspberry Smoothie **PRINT**

Entire recipe (about 18 oz.): 106 calories, 5g fat, 16mg sodium, 15.5g carbs, 7.5g fiber, 4.5g sugars, 1g protein -- **PointsPlus®** value 2*

Coconut and raspberry taste INCREDIBLE together. Need proof? Start blending!

Prep: 5 minutes

Ingredients:

- 1 cup unsweetened vanilla coconut milk beverage (like [the kind by So Delicious](#))
- 3/4 cup frozen unsweetened raspberries, partially thawed
- 1/8 tsp. coconut extract
- 2 no-calorie sweetener packets (like Splenda or Truvia)
- 1 cup crushed ice or 5 - 8 ice cubes

Directions:

Place all ingredients in a blender, and blend at high speed until smooth. Drink up!

MAKES 1 SERVING

Beyond Berry Mango Smoothie **PRINT**

Entire recipe (about 22 oz.): 122 calories, 0g fat, 2mg sodium, 31.5g carbs, 4g fiber, 25g sugars, 1g protein -- **PointsPlus®** value 3*

Shhhh... We snuck in some cucumber here. It makes this fruity blended beverage even more refreshing!

Prep: 5 minutes

Ingredients:

- 3/4 cup frozen unsweetened mango chunks, partially thawed
- 1/2 cup chopped seedless cucumber
- 5 frozen unsweetened strawberries, partially thawed
- 12 mint leaves
- 1/2 tsp. fresh lime juice
- 1 no-calorie sweetener packet (like Splenda or Truvia)
- 1 cup crushed ice or 5 - 8 ice cubes

Directions:

Add all ingredients to a blender, along with 3/4 cup water. Blend at high speed until smooth, stopping and stirring if needed. Pour and sip!

MAKES 1 SERVING



Hungry Girl's Guilt-Free Groceries

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Today's delicious finds are brought to you by [House Foods!](#)

House Foods
tofu Shirataki
 The world's **BEST** pasta swap has a brand-new look!
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 Find it in the refrigerated section of the supermarket, near the tofu.
*Change in calorie count due to recent lab analysis. Click for more info.

Must-Try Tricks for Skeptics!
Hungry Girl's TOP THREE TIPS for Perfectly Prepared Tofu Shirataki...
1 Rinse and drain noodles in a strainer, thoroughly pat dry, and roughly cut.
2 In a skillet sprayed with nonstick spray, cook and stir until all moisture has evaporated and noodles are hot. (Or microwave until hot, and thoroughly pat dry.)
3 Add your favorite low-calorie sauce. (Creamy ones are GREAT.) HG pick: The Laughing Cow Light Creamy Swiss cheese mixed with light sour cream for an Alfredo swap!
TRY 'EM TODAY!

HG's Creamy Avocado Fettuccine
100 calories, 6.5g fat, 212mg sodium, 9.5g carbs, 6g fiber, 1g sugars, 3g protein

Ingredients:
 1 bag **House Foods Tofu Shirataki Fettuccine Shaped Noodle Substitute**
 1 wedge The Laughing Cow Light Creamy Swiss cheese
 1 oz. (about 2 tbsp.) mashed avocado
 1/8 tsp. garlic powder, or more to taste
 Dash dried basil, or more to taste
 Dash black pepper, or more to taste

Directions:
 Rinse and drain noodles in a strainer, thoroughly pat dry, and roughly cut.
 In a microwave-safe bowl, microwave for 1 minute. Thoroughly pat dry.
 Add remaining ingredients, breaking cheese into pieces, and stir until well mixed. Microwave for 1 minute. Stir and enjoy!
 MAKES 1 SERVING

SEND TO A FRIEND Who doesn't love smoothies?! Click "Send to a Friend" ASAP.

CHEW ON THIS:
 It's May 1st, which means it's National Chocolate Parfait Day. This [oatmeal parfait](#) has plenty of chocolatey goodness, plus wholesome oats to boot!

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