

# **Pina Colada**

## **Author: Medifast**

### **Ingredients**

1 packet Medifast French Vanilla Shake  
2 tablespoons sugar-free Pineapple syrup  
1 tablespoon sugar-free Coconut syrup  
1/2 cup Tropical flavored diet water  
1/2 cup ice

### **Method**

Pour ingredients in blender and mix until smooth.

### **Nutritional Info.**

Cal 90 | Fat 0g | Chol 0mg | Carb 13g | Pro 11g