



Green Grape Frojitos



1/2 of recipe (about 16 oz.): 192 calories, <0.5g total fat (0g sat. fat), 4mg sodium, 26g carbs, 1.5g fiber, 18g sugars, 1g protein

Prep: 5 minutes



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Ingredients

10 mint leaves
2 no-calorie sweetener packets (like Splenda or Truvia)
2 limes, quartered, for a total of 8 wedges
1 1/2 cups green grapes, frozen
3 oz. rum
1 1/2 cups crushed ice *or* 8 - 12 ice cubes

Directions

Evenly divide mint, sweetener, and half of the lime wedges between 2 glasses (2 lime wedges per glass). Muddle (a.k.a. mash) the contents of each glass.

To a blender, add the frozen grapes, rum, ice, and 2 tbsp. water. Squeeze the juice from the remaining lime wedges into the blender. Discard these wedges.

Blend at high speed until smooth. (If needed, turn off the blender, stir, and blend again.)

Transfer grape mixture to the glasses, and stir well. Drink up and be refreshed!

MAKES 2 SERVINGS

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