





My Oh Mai Tai



Entire recipe: 133 calories, 0g total fat (0g sat. fat), 18mg sodium, 9g carbs, 0g fiber, 7g sugars, 0g protein

Click for WW Points® value*

Prep: 5 minutes



More: <u>Drink Recipes (Smoothies, Cocktails & More)</u>, <u>Vegetarian Recipes</u>, <u>30 Minutes or Less</u>, <u>Single Serving</u>, <u>5 Ingredients or Less</u>

Ingredients

2 oz. calorie-free lemon-lime soda

2 oz. pineapple-orange juice

1 oz. rum

3 drops almond extract

1 no-calorie sweetener packet (like Truvia)

1/2 oz. dark spiced rum

Optional garnish: pineapple wedge

Directions

In a glass or shaker, mix all ingredients except ice and spiced rum.

Pour into a glass filled with ice. Top with spiced rum.

MAKES 1 SERVING

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our <u>editorial</u> and <u>advertising</u> policies. *The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? Click here.

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. Click here for more information.

Publish Date: October 16, 2012 Author: Hungry Girl Copyright © 2023 Hungry Girl. All Rights Reserved.