

Skinny Long Island Freeze

Ingredients

- 1 oz. [Monin Sugar Free Triple Sec Syrup](#)
- 2 cup(s) ice
- 1 oz. light rum
- 1 oz. gin
- 1 oz. diet cola
- 2 oz. light lemonade
- 1/2 oz. vodka

Yield: 1 Glass

Garnish: Lime, Mint Sprig

Preparation

1. Fill serving glass full of ice.
2. Pour ingredients into blender cup in order listed.
3. Add ice from serving glass, cap, and blend until smooth.
4. Pour back into serving glass, add garnish, straw, and serve.

