

# Pineapple Frozen Yogurt

## Serving Information

Makes approximately 6 servings

## Ingredients

- 3 Cups Chopped Frozen Pineapple
- ½ cup Low Fat Greek Yogurt (vanilla)
- 2 Tbsp Honey

## Directions

1. Place all ingredients into blender until smooth.
2. Serve immediately or, place in airtight container, and freeze.
3. Optional: Remove every 30 min for the first 2 hours to help keep frozen yogurt softer.

0g fat, 1g fiber, 12g sugars  
65 calories, 15g carbs, 2g protein



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