

# PINEAPPLE DOLE WHIP

What better way to cool down with than a tropical, sweet, smooth, melty treat? This recipe is a nice compromise between eating ice cream and fruit. It combines the best of both worlds! Pineapple is a good source of Vitamin C and fiber and Ice cream is just delicious!

Prep Time: 5 minutes

Yield: 4 servings

## Ingredients:

2 overflowing cups of frozen pineapple chunks

1 cup vanilla ice cream

½ cup pineapple juice

Place all ingredients in a high-powered blender or food processor. Start on low, then turn up to high. Process until smooth. Scoop into bowls or cups. ENJOY!!!

If the mixture seems too liquidy, add in some extra pineapple.

If the mixture seems too stiff or dry, add in some extra pineapple juice.



Nutrition Information: Calories-194.5; Sugar 23 grams; Fat-9 grams; Carbohydrates-27.5 grams; Fiber-1.5 grams; Protein- 2.5 grams

