

Pineapple Orange Frozen Yogurt

Makes: 3 servings

Ingredients

1 cup yogurt, non-fat vanilla

1/2 cup orange juice

1 cup pineapple chunks, fresh or canned

Directions

1. Place yogurt and fruit in large plastic bag, flatten, and freeze overnight.
2. Combine fruit, yogurt, and juice in food processor or blender and blend until smooth.
3. Serve immediately or place back in the freezer to harden until ready to serve, up to 1 hour, stirring occasionally. Stir before serving.

Source: Food and Health Communications, Inc., Visit Website

Nutrition Information

Nutrients	Amount
Calories	130
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	N/A
Sodium	60 mg
Total Carbohydrate	28 g
Dietary Fiber	1 g
Total Sugars	25 g
Added Sugars included	N/A
Protein	5 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	