


## PINEAPPLE FROZEN YOGHURT



 Serves  
8

 Prep  
10 minutes,  
plus overnight  
freezing

Perfect for summer, this frozen pineapple yogurt is fruity and delicious – and good for you too!

### Cooks Tip:

For a change, serve the frozen yoghurt with other Princes fruit, such as peaches in juice or fruit cocktail.

	Calories	Sugars	Fat	Saturated Fat	Salt
106g	59	7.1g	0g	0g	0.06g
RI%	3%	8%	0%	0%	1%

### INGREDIENTS

432g can **Princes Pineapple Chunks with Juice**  
500g pot low fat Greek-style yoghurt

### METHOD

1. Drain the can of Princes Pineapple Chunks in Juice. Reserve a few chunks for serving, and keep these covered and refrigerated.
2. Tip the remaining pineapple into a blender and add the yoghurt. Blend at high speed for 15-20 seconds.
3. Tip the mixture into a suitable freezer container and freeze for several hours, or overnight.
4. Before serving, remove from the freezer at least 20 minutes before required. Scoop into small dishes and serve with the reserved pineapple chunks.