

Pineapple Frozen Yogurt



Ingredients:

- 1 cup non-fat vanilla yogurt
- 1/2 cup orange juice
- 1 cup pineapple chunks

Directions:

1. Place yogurt and fruit in a large zip-top bag, flatten, and freeze at least 8 hours.
2. Combine frozen fruit and yogurt, and juice in a blender and pulse until smooth.
3. Serve immediately or freeze up to one hour to harden.
4. Stir before serving.

Makes 3 servings.



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