

Eat Your Heart Out Edibles ♥

Personal Chef Service and Made-to-Order Bakery

"Eat Hearty Without the Headache!"



Chef Angela's Pineapple Whipped "Ice Cream"

Serves: 2

80 calories, 0 gm fat, 20 gm carbs, 1 gm protein per serving

INGREDIENTS:

2 cups fresh pineapple, diced or 1 (20 oz.) can diced pineapple, drained

1/4 cup (2 oz.) unsweetened almond milk (or milk of choice)

1 tsp. Lemon juice

2 tsp. Lime juice

1/8 cup Sweetener of choice (or to taste, you may want to add more!) - I like to use Stevia



DIRECTIONS:

- ♥ Open cans of pineapple, and drain liquid; if using fresh, cut up fresh pineapple into small chunks.
- ♥ Place chunks into a ziplock bag and freeze for at least 2 hours, or overnight. Let thaw slightly just before making. (Do this by leaving it out on the counter for about 15 minutes, or microwave for about 30 seconds. You just want to be sure that it is not rock solid frozen, so it can blend easily.)
- ♥ Place pineapple and the rest of the ingredients in a food processor or powerful blender, and blend until smooth and creamy.

*Note: You may need to stop the blender periodically and help it along during the blending process and/or add more milk if your blender is not very powerful.

Enjoy immediately or freeze for up to 20-30 minutes before serving!

I like to top mine with toasted coconut...and maybe some macadamia nuts, obvi making this more than 80 calories per serving!

Compliments of Eat Your Heart Out Edibles

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