

FROZEN YOGURT WITH GRILLED PINEAPPLE

Frozen Yogurt with Grilled Pineapple

Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 4 (Serving = 1 pineapple ring, 1/2 cup ice cream and 1/4 of gingersnap crumbs)

Nutrition (per serving)

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|--------------------|------------------------|
| Calories: 178 | Total Carbohydrate: 38 |
| Total Fat: 1 g | Dietary Fiber: 1 g |
| Saturated Fat: 0 g | Protein: 3.5 g |
| Sodium: 131 mg | |

Ingredients

- Cooking spray
- 4 pineapple rings (1/2" thick)
- 2 cups vanilla frozen yogurt
- 8 gingersnaps, crushed

Directions

1. Spray grill or grill pan with cooking spray and turn on medium-high heat.
2. When hot, cook pineapple rings 3-4 minutes on each side or until softened with grill marks.
3. Place warm pineapple rings in bottom of a bowl then scoop ½ cup ice cream on top.
4. Finish by sprinkling with crushed gingersnaps.