



# Purple Pineapple Fro-Whip

Servings 7 | Prep time 10 mins. | Total time 10 mins.

**Equipment:** Blender, Serving bowls  
**Utensils:** Measuring cups and spoons

## Ingredients

2 ripe frozen bananas, chopped  
1 cup frozen pineapple, chopped  
1 1/2 cups frozen berry mix  
1 tablespoon cornstarch (add more as needed to achieve desired texture)  
1/4 cups low-fat milk  
*Optional Toppings:*  
1/2 cup (fresh or frozen) berries  
1/4 cup unsalted nuts (almonds, walnuts, or pecans)

## Instructions

1. Before you begin, wash your hands, surfaces, utensils, and fruit.
2. Place bananas, pineapple, berries, and cornstarch into blender. Blend until smooth. Add milk to blender in 1 tablespoon increments, blending between pours until desired consistency is reached.
3. Divide into 4 bowls; top with berries or nuts if using. Serve immediately.

## Nutritional Information:

Calories 60  
Total Fat 0g  
Sodium 5mg  
Total Carbs 15g  
Protein 1g