



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