



# Pineapple frozen yogurt

15'  
Hands on

6-8  
Portion(s)

1  
Difficulty



## Ingredients

- 400 g pineapple
- 450 g strained yogurt, 2%
- 100 g maple syrup, optional
- 1/2 teaspoon(s) cinnamon, ground

## Διατροφικός πίνακας

Nutrition information per portion

90 Calories (kcal)	0.7 Total Fat (g)	0.4 Saturated Fat (g)	17.0 Total Carbs (g)
5%	1%	2%	7%
16.0 Sugars (g)	2.8 Protein (g)	1.0 Fibre (g)	0.09 Sodium (g)
18%	6%	4%	2%

## Method

- In a food processor, beat the pineapple until pureed.
- Place a strainer over a [bowl](#) and line it with a kitchen towel.
- Add the pineapple over the towel and press down on it with your hands, so that only the pulp remains on the towel and the juice falls into the bowl. You can drink the juice or reserve it for another recipe.
- Place the pulp in the bowl and add the yogurt, maple syrup and cinnamon.
- Whisk thoroughly and transfer mixture to an ice cream maker.
- Beat according to the instructions, until you get the texture of ice cream.
- Serve pineapple frozen yogurt in bowls and enjoy.