



Pineapple and Ginger Beer Dessert

10 minutes

Hands on

4

Portion(s)

2

Difficulty



Method

- Puree the pineapple in a blender until smooth. Divide the puree between 4 serving glasses.
- Fill each glass with [ginger beer](#) $\frac{3}{4}$ of the way.
- Top with vanilla ice cream and some extra pineapple slices or pieces.
- Serve immediately.
- If you don't have any ginger beer you can use soda water or lemonade.

Ingredients

- 800 g pineapple, cut into pieces
- 500 ml ginger beer
- ice cream, vanilla and some chopped pineapple or slices, for serving

Διατροφικός πίνακας

Nutrition information per portion

180 Calories (kcal)	1.9 Total Fat (g)	0.92 Saturated Fat (g)	35.7 Total Carbs (g)
9%	3%	5%	14%
35.3 Sugars (g)	1.4 Protein (g)	3.9 Fibre (g)	0.04 Sodium (g)
39%	3%	16%	1%