



Pineapple Orange Frozen Yogurt

Servings: 3

Serving Size: 1/3 of recipe

Ingredients:

- 1 cup vanilla yogurt, low-fat
- 1 cup pineapple chunks, fresh or canned in 100% juice
- 1/2 cup orange juice

Directions:

1. Place yogurt and fruit in a large plastic bag, flatten, and freeze overnight.
2. Combine frozen fruit and yogurt, with juice in food processor or blender and blend until smooth.
3. Serve right away or place back in the freezer to harden until ready to serve, up to 1 hour, stirring occasionally. Stir before serving.

Nutrition Facts

Serving Size 1/3 frozen yogurt
Servings Per Container 3

Amount Per Serving

Calories 140 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 60mg **3%**

Total Carbohydrate 29g **10%**

Dietary Fiber 1g **4%**

Sugars 27g

Protein 5g

Vitamin A 4% • Vitamin C 35%

Calcium 15% • Iron 2%

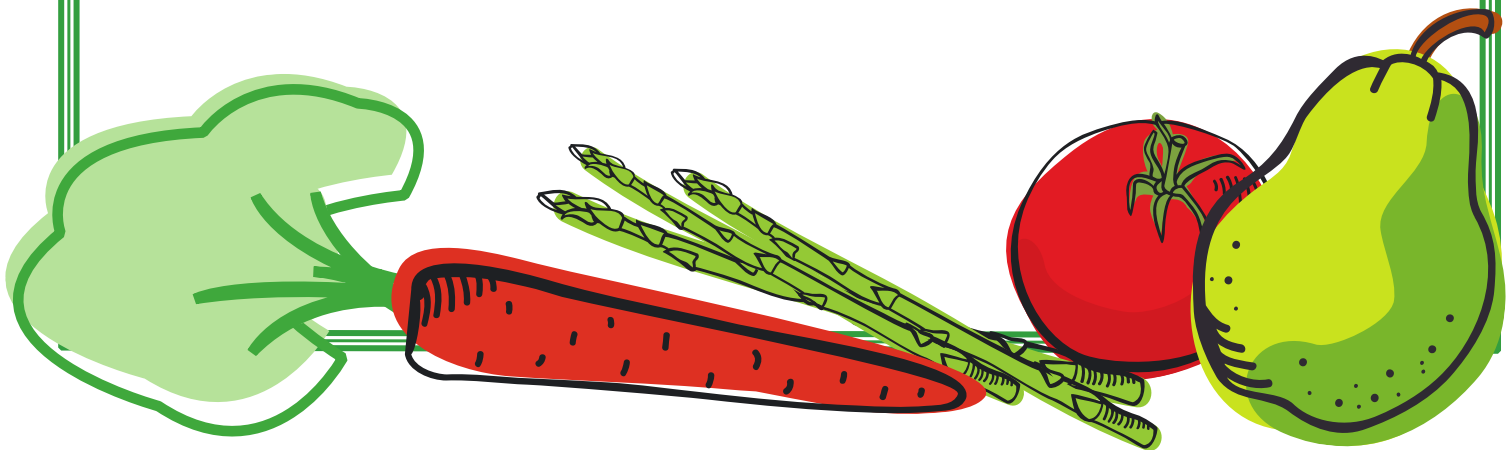
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



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