

CAMELIZED PINEAPPLE & FROZEN YOGURT



2 slices of peeled and cored fresh pineapple (fresh or canned)

Non-stick cooking spray

1 pint fat-free vanilla frozen yogurt

1 jar sugar-free caramel sauce

2 cinnamon sticks for garnish

Heat grill to a medium-high heat. Spray each side of the sliced pineapple with the non-stick cooking spray. Place pineapple slices on the grill. Cook pineapple rings until they are lightly charred and soft, about 8 minutes, turning occasionally. Transfer to a bowl.

Scoop vanilla frozen yogurt on top of the caramelized pineapple. Drizzle sugar-free caramel sauce on top. Garnish with a cinnamon stick and serve immediately.

Yield: 2 servings

Nutritional information: 129 calories / 0g fat per serving



BROWARD HEALTH
Imperial Point Medical Center

*Created by Chef Anthony LaBriola,
Café Imperial*

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