

Pineapple Nice Cream

All-fruit, dairy-free and with no added sugar—these are the hallmarks of nice cream, a healthy alternative to ice cream. This pineapple nice cream has tropical flavors, thanks to a hit of mango and lime. It takes just minutes to make this naturally sweet frozen dessert in the food processor or a blender. Enjoy it alone, or top with fresh fruit and toasted

Ingredients 6 servings

for serving adjustment

Serving size has been adjusted!

Original recipe yields 6 servings

1 16-ounce package frozen pineapple chunks

1 cup frozen mango chunks or 1 large mango, peeled, seeded and chopped

1 tablespoon lemon juice or lime juice

Preparation

Prep

5 m

Ready In

5 m

Process pineapple, mango and lemon (or lime) juice in a food processor until smooth and creamy. (If using frozen mango, you may have to add up to $\frac{1}{4}$ cup water.) For the best texture, serve immediately.

Nutrition information

Serving size: $\frac{1}{2}$ cup

Per serving: 55 calories; 0 g fat(0 g sat); 2 g fiber; 14 g carbohydrates; 1 g protein; 26 mcg folate; 0 cholesterol; 11 g sugars; 0 g added sugars; 342 IU vitamin A; 47 mg vitamin C; 13 mg calcium; 0 mg iron; 1 mg sodium; 131 mg potassium

Nutrition Bonus: Vitamin C (78% daily value)

Carbohydrate Servings: 1

Exchanges: 1 fruit