

Honey Pineapple Greek Froyo



Ingredients:

- 3 cups plain Greek yogurt (low fat is fine, but higher fat content will make it easier to “scoop”)
- 1/3 cup honey, plus 1 T.
- 1-2 T. pineapple juice or lemon juice
- 2-3 cups fresh pineapple, chopped into bite-sized pieces and frozen overnight

Directions:

1. In a medium-sized bowl, stir together Greek yogurt, 1/3 cup honey, and juice. When fully combined, place in freezer for 10 to 15 minutes, or until somewhat hardens.
2. Remove chopped pineapple from freezer and drizzle with 1 tablespoon honey. Mix pineapple into frozen yogurt. Pour mixture into a chilled loaf pan or another container and place in freezer until completely frozen.

Note: To serve, either let frozen yogurt warm up for 10-15 minutes or dip the loaf pan into hot water to loosen.