

Enjoy the tasty treat below with any kind of frozen fruit and your favorite milk or milk alternative!

## Pineapple Whip



Yields: 4 servings

### Ingredients:

- 3 cups frozen pineapple
- 1 cup almond milk

### Directions:

1. Place frozen chunks of pineapple and almond milk into a food processor or blender. Blend until the consistency becomes creamy. You may have to stop several times and scoop down the pineapple.

**\*\*If you are not a fan of regular milk, a non-dairy alternative may be a good option for you such as those listed below.\*\***

Almond Milk—With a variety of flavors (original, vanilla, and chocolate), almond milk can be a tasty alternative to cow's milk. The unsweetened type has fewer calories, and often less protein and carbohydrates than cow's milk. Almond milk is a good source of calcium, vitamin D and vitamin E. This milk is a great choice for those with soy or dairy allergies, or even those who just enjoy the nutty flavor!

Coconut Milk—This milk contains a high amount of natural fat from the coconut and is creamy and sweet. This variety often contains little added calcium, though.

Rice Milk—With a light and sweet flavor, rice milk is a good alternative for those with allergies. If you are looking at nutritional value, though, it contains little protein and is higher in carbohydrates.

Soy Milk—As the most popular dairy alternative, this milk has the same amount of protein as cow's milk, and is often fortified with vitamins A, D, B12 and calcium.