



Pineapple Dole Whip

Servings: 2 | **Calories:** 110

Ingredients:

- 2 cups frozen pineapple chunks
- ½ cup coconut milk
- 1 tsp lime juice (optional)
- 1 tsp honey (optional)

Directions:

- Place frozen pineapple chunks and coconut milk into a blender or food processor.
- Blend until smooth and creamy, scraping down the sides as needed.
- Add lime juice or honey for additional flavor if desired.
- Continue blending until the mixture reaches a soft-serve consistency.
- Serve immediately and garnish with fresh pineapple if desired.



Nutrition Note: Calorie counts and serving sizes are estimates and may vary based on ingredient brands, substitutions, portion sizes, and optional toppings. Adjust recipes as needed to meet your individual dietary needs and preferences.