

# FROZEN YOGURT WITH GRILLED PINEAPPLE

*Lower Saturated Fat, Lower Sodium, Vegetarian*

*Serves: 4 (Serving = 1 pineapple ring, 1/2 cup ice cream and 1/4 of gingersnap crumbs)*

## Nutrition (per serving)

Calories: 178

Total Fat: 1 g

Saturated Fat: 0 g

Sodium: 131 mg

Total Carbohydrate: 38 g

Dietary Fiber: 1 g

Protein: 3.5 g



## Ingredients

- Cooking spray
- 4 pineapple rings (1/2" thick)
- 2 cups vanilla frozen yogurt
- 8 gingersnaps, crushed

## Directions

1. Spray grill or grill pan with cooking spray and turn on medium-high heat.
2. When hot, cook pineapple rings 3-4 minutes on each side or until softened with grill marks.
3. Place warm pineapple rings in bottom of a bowl then scoop ½ cup ice cream on top.
4. Finish by sprinkling with crushed gingersnaps.