



## Tropical Pina Colada Sorbet

SERVINGS: 4

PREPPING TIME: 10 MINS  
2-3 HRS OF FREEZING TIME

COOKING TIME: 0 MINS

### INGREDIENTS

2 cups frozen pineapple chunks  
1 cup unsweetened light coconut milk  
1 tbsp. honey  
1 tbsp. fresh lime juice  
Dried unsweetened coconut flakes,  
toasted (for topping)

### DIRECTIONS

1. In a blender, combine frozen pineapple, coconut milk, honey, and lime juice. Blend until smooth and creamy.
2. Transfer the mixture to a container and freeze for 2-3 hours until firm.
3. Scoop and serve. Top with dried, toasted coconut flakes.

### NUTRITION

(per serving) 180 calories, 8g fat, 6g saturated fat, 0mg cholesterol, 20mg sodium, 28g carbohydrate, 3g fiber, 21g sugar, <1g protein