

**Dessert**

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# **Pina Colada Sorbet**

Cooking Light Magazine

**Servings: 10**

**Preparation Time: 10 minutes**

**Start to Finish Time: 5 hours**

*Coconut water can be located by fruit juices in grocery stores.*

*Adults can have rum drizzled over their serving, if desired.*

**3 cups fresh pineapple, cubed**

**1 cup coconut water**

**1/2 cup water**

**1 cup light coconut milk**

**2/3 cup cream of coconut**

Place pineapple, sugar and coconut milk in a blender and process until smooth and the sugar dissolves.

Combine the pureed pineapple mixture, coconut milk and cream of coconut in a bowl; stir with a whisk.

Cover and refrigerate until thoroughly chilled.

Pour mixture into the freezer can of an ice-cream freezer and freeze according to the manufacturers instructions.

Spoon the sorbet into a freezer-safe container. Cover and freeze for 2 hours until firm.

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Per Serving (excluding unknown items): 99 Calories; 4g Fat (34.9% calories from fat); 1g Protein; 17g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 15mg Sodium. Exchanges: 1/2 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.