

Dessert

Pina Colada Sundaes

Edy's Ice Cream

Dash Magazine - August 2011

Servings: 8

Start to Finish Time: 20 minutes

1 1/2 cups shredded coconut

1 container (1.5 quart) vanilla ice cream

1/2 cup canned cream of coconut

1/2 cup pineapple juice

1 teaspoon rum extract

1 pineapple, cored, peeled and chopped

whipped topping

maraschino cherries

Preheat oven to 375 degrees.

Toast the coconut on a parchment-lined baking sheet for 5 minutes or until golden. Remove from oven and cool.

In a large bowl, combine the ice cream, cream of coconut, pineapple juice and rum extract.

Freeze for at least 40 minutes.

Scoop the ice cream mixture into dessert dishes.

Add the pineapple, whipped topping, the toasted coconut and a cherry.

Per Serving (excluding unknown items): 55 Calories; 1g Fat (18.0% calories from fat); 1g Protein; 11g Carbohydrate; 1g Dietary Fiber; 4mg Cholesterol; 7mg Sodium. Exchanges: 1/2 Fruit; 0 Fat; 0 Other Carbohydrates.