

Dessert

Skinny Pina Colada Popsicles

Gina Homolka - SkinnyTaste.com

www.dashrecipes.com

Servings: 6

Preparation Time: 10 minutes

Start to Finish Time: 4 hours

1 1/3 cups canned diced pineapple in juice

1/4 cup pineapple juice (from the can of pineapple)

1/4 cup sugar

1/2 cup light coconut milk

1 tablespoon coconut extract

1 tablespoon dark rum (optional)

Cut the pineapple into chunks

In a blender, puree' the pineapple along with the juice, sugar, light coconut milk, coconut extract and the rum, if using, until smooth.

Pour into popsicle molds.

Insert sticks or place tops on the molds.

Freeze for four hours.

Per Serving (excluding unknown items): 49 Calories; 1g Fat (17.4% calories from fat); trace Protein; 11g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 0 Fruit; 0 Fat; 1/2 Other Carbohydrates.