Yield: approximately 1 cup
*1 recipe will make 8-10 “taste” servings

Ingredients:
- 1 (6-ounce) container low-fat vanilla yogurt
- ⅓ (12-ounce) can frozen 100% pineapple juice concentrate
- Coconut extract flavoring to taste

Directions:
1. In a small bowl, MIX ingredients well.
2. COVER and REFRIGERATE.
3. SERVE with sliced fruit OR vegetable sticks.

Equipment
- Measuring cups
- Mixing bowl
- Mixing spoon
- Plates and spoons

*Always practice safe food handling techniques. Refer to Food Safety section.