Recipe of the Month – August 2025

Purple Pineapple Fro-Whip

Serves: 7
Serving Size: 1/2 cup
Cost per Serving: $0.63

Ingredients:
2 ripe frozen bananas, chopped
1 cup frozen pineapple, chopped
1 1/2 cups frozen berry mix
1 tablespoon cornstarch (add more as needed to achieve desired texture)
1/4 cups low fat milk
Optional Toppings:
1/2 fresh or frozen berries
1/4 cup unsalted nuts (almonds, walnuts, or pecans)

Directions:

1. Place bananas, pineapple, berries, and cornstarch into blender. Blend until smooth.
2. Add milk to blender in 1 tablespoon increments, blending between pours until desired consistency is reached.
3. Divide into 4 bowls: top with berries or nuts if using.
4. Serve immediately.

Tips:

- To make sure this whip reaches the smoothest texture make sure to add milk in small increments between blending.
- Mix it up! Try different flavors of pineapple whip by adding different frozen fruit to this mix.

Nutrition Facts per Serving: 60 calories, 0g total Fat (0.1g sat. fat), 0mg.Cholesterol, 5mg Sodium, 15g Carbohydrates, 2g Fiber, 9g Sugar, 1g Protein

Recipe compliments of Ohio SNAP-Ed (Ohio State Extension) Celebrate Your Plate 2024 Calendar

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