
Pina Colada `Nice` Cream

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Preparation Time: 10 minutes

Start to Finish Time: 20 minutes

1 bag (16 ounce) frozen pineapple chunks

1 can (15 ounce) cream of coconut

1 cup sweetened shredded coconut

In a food processor, combine the frozen pineapple chunks and cream of coconut. Process until thick and smooth.

Transfer the mixture to a loaf pan. Cover with plastic wrap. Freeze until firm, at least eight hours or overnight.

Meanwhile, toast the coconut for topping: Preheat the oven to 325 degrees. Spread the coconut on a baking sheet. Bake, stirring occasionally, until lightly golden, 10 to 12 minutes. Let cool.

Scoop the "nice" cream into bowls and top with the toasted coconut.

Yield: 6 to 8 servings

Dessert

Per Serving (excluding unknown items): 110 Calories; 5g Fat (39.8% calories from fat); 0g Protein; 17g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 15mg Sodium. Exchanges: 1 Fat; 1 Other Carbohydrates.