

Serve with sliced fruit for a refreshing morning or afternoon tea.

Egg free  
Gluten free  
Nut free  
Soy free  
Vegetarian



### Tips

For a smoother texture, blend the dip in a food processor.

Serve with sliced fruit to increase the amount of fruit on the menu.

Ingredients	6 serves	25 serves	60 serves
Crushed pineapple (canned)	120g	500g	1.2kg
Natural yoghurt	3 tablespoons	1 cup	600g

1 serve = approximately 30g (1 heaped tablespoon)

### Method

- 1 Drain pineapple well to remove all liquid.
- 2 Combine pineapple and yoghurt and mix well.

This recipe adds foods from the following food groups to the menu

- Fruit
- Milk/alternatives

### Options include:

- Pineapple can be substituted with other tinned fruit (e.g. peaches).

The nutritional information provided is based on the exact ingredients and method as shown. Any variation/s to the ingredients or method may alter the nutritional outcome.