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Serving: 1 Veg

Ingredients

- -100 ml low-fat yogurt
- -3 ice cubes
- $-\frac{1}{2}$ cup pineapple chunks

Preparation Method

- 1. Combine the yogurt and ice cubes. Blend, pulsing as needed, until the ice is in large chunks.
- 2. Add the pineapple and blend at "whip" speed until smooth.