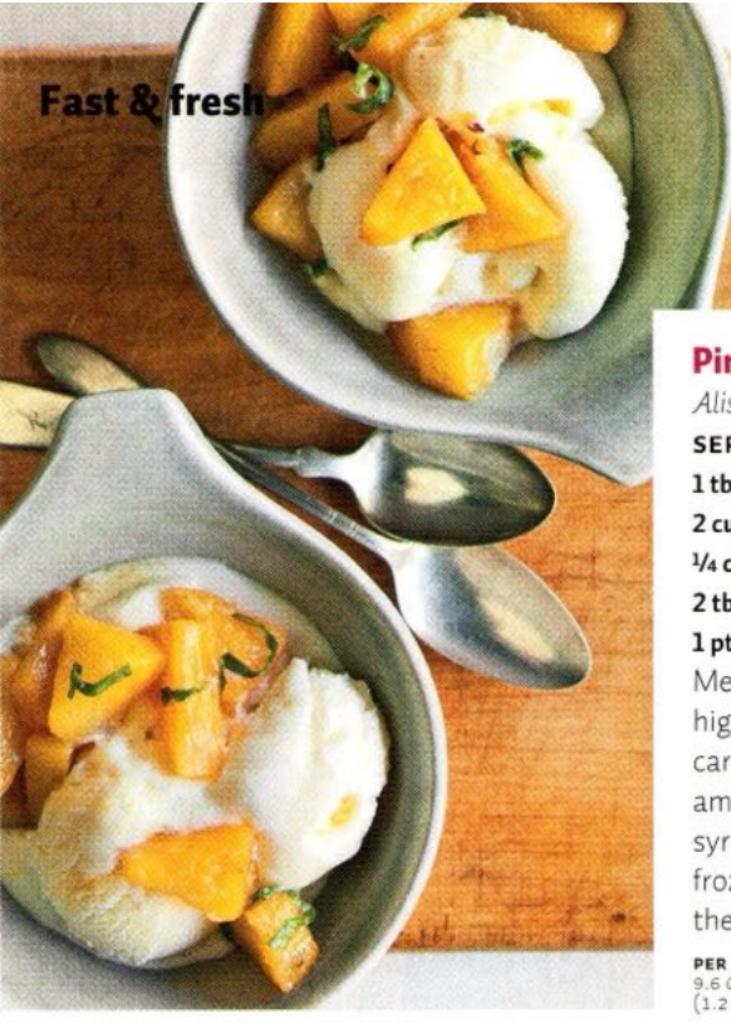


Fast & fresh



## Pineapple and basil sundaes

Alison Cappuccio, Leavenworth, WA

**SERVES 4 TIME** 10 minutes

**1** tbsp. butter

**2** cups fresh pineapple chunks

**1/4** cup amaretto or other nut-flavored liqueur

**2** tbsp. thinly sliced fresh basil leaves

**1** pt. vanilla low-fat frozen yogurt

Melt butter in a medium frying pan over high heat. Add pineapple and cook until caramelized slightly, about 5 minutes. Add amaretto and cook until it resembles a syrup. Stir in basil. Scoop about  $\frac{1}{2}$  cup frozen yogurt into each of 4 serving dishes, then spoon warm pineapple on top.

**PER SERVING** 308 CAL., 22% (67 CAL.) FROM FAT;  
9.6 G PROTEIN; 7.5 G FAT (4.3 G SAT.); 47 G CARBO  
(1.2 G FIBER); 77 MG SODIUM; 73 MG CHOL.