



# Hungry Grilled Pineapple with Yogurt Dip



1/4th of recipe (4 grilled pineapple rings with 1/4th of dip): 137 calories, <0.5g total fat (0g sat. fat), 18mg sodium, 31.5g carbs, 3g fiber, 23.5g sugars, 5g protein

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**Prep:** 5 minutes    **Cook:** 20 minutes



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## Ingredients

- 16 pineapple rings (or slices), fresh or packed in juice
- One 5.3-oz. container (about 2/3 cup) fat-free plain Greek yogurt
- 2 packets natural no-calorie sweetener
- 1/8 tsp. cinnamon
- 1/8 tsp. vanilla extract

## Directions

Bring a grill pan sprayed with nonstick spray to medium-high heat. Working in batches as needed, cook pineapple rings until slightly blackened and caramelized, about 2 minutes per side.

Mix yogurt, sweetener, cinnamon, and vanilla until uniform.

Serve with pineapple for dipping.

MAKES 4 SERVINGS

**HG FYI:** A previous version of this recipe may have called for slightly different ingredients, but we've given it an upgrade! Nutritional info may vary accordingly.

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