

Cinnamon Pear Frozen Yogurt

Ingredients

- 1 (15 ounce) can pear halves
- 2 cups vanilla yogurt
- 1/3 cup white sugar
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground allspice

Directions

1. Drain pears, reserving 1/2 cup of juice. Puree pears in food processor or blender.
2. Combine pears, reserved juice, yogurt, sugar, cinnamon and allspice in canister of ice cream maker. Freeze according to manufacturers' directions.



Makes 4 servings

*Nutrition information per serving:
222 calories, 1.6g fat, 6.2g protein
47.2g carbohydrates, 86mg sodium*