

# Cool Pineapple Pie

Recipe provided by Emory Healthcare  
employee Toni Peyton



*Fruity and refreshing, this easy pie recipe will make you feel like you are in paradise, and it can be made 1 or 2 days in advance, giving you more time to relax!*

*Yield: 8 regular pie slices*

## Preparation:

In a large bowl, mix all ingredients together (except pie crust). Pour mixture into pie crust. Place pineapple pieces on top as decoration. Put in freezer for at least 2 hours. Can be made 1 to 2 days ahead.

## Ingredients:

2, 6-oz. containers Pina Colada  
low-fat yogurt  
1, 15-oz. can crushed pineapple, drained  
(put a few pieces aside for decoration.)  
16-oz. low-fat whipped topping  
½ cup shredded coconut  
Pre-made piecrust

## Nutritional Data Per Serving:

Calories: 259  
Fat: 20.8 grams (32% of calories)  
Cholesterol: 16.2 milligrams  
Sodium: 68 milligrams

## Nutritional and Heart Healthy Benefits:

**Pineapple** – It is believed to be a natural blood thinner and able to combat heart disease.

**Coconut (in moderation)** – Contains heart-healthy compounds such as polyphenols and medium chain fats.

**Yogurt** – Women who eat yogurt daily have shown increases in good cholesterol.

For more recipes that are healthy for your heart,  
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