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**Prevent and Protect**  
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## **LAST-MINUTE TROPICAL SHERBET**

**CookingLight.com**

- 1 (12-ounce) package frozen mango chunks (about 2 ½ cups)**
  - 1 cup frozen pineapple chunks**
  - 1 (6-ounce) carton lemon low-fat yogurt**
  - 1 teaspoon grated lime rind**
- Remove mango and pineapple from freezer, and let stand at room temperature 10 minutes.**
  - Combine mango, pineapple, yogurt, and rind in a food processor; process until smooth.**
  - Serve immediately (for soft-serve texture), or freeze in an airtight container 1 hour and 30 minutes (for firmer texture).**