

Pineapple Frosting



Ready in 10 minutes

Makes about 1 ½ cups

Ingredients

- ½ cup Pineapple Crystals
- 1 cup soaked cashews
- 2 tablespoons coconut oil
- Pinch mineral salt
- 2 tablespoons lemon juice
- 1 tablespoon liquid allulose
- ¼ cup water

Preparation

1. In a blender, blend all ingredients until fluffy.
2. Try on everything.