

Five Frozen Yogurt Recipes

Strawberry Frozen Yogurt

Serves 4

- 284 g frozen strawberries
- 2 T honey or agave nectar
- 57g plain yogurt
- ½ T fresh lemon juice



1. Add the frozen **strawberries**, **honey** (or agave nectar), **yogurt** and **lemon juice** into a food processor.
2. Process until creamy, about 2-3 minutes. Scrape down the side of the bowl to make sure there are no lumps left.
3. Transfer it to an airtight freezable container and **freeze for a minimum 6 hours but preferably overnight**. Store it in the freezer for up to 1 month.

Serving size: 4 g

Calories: 66

Mango and Lime Frozen Yogurt

Serves 4

- 284 g frozen mango
- 2 T honey or agave nectar
- 57g plain yogurt
- 1 T fresh lime juice
- Zest of 1 fresh lime



1. Add the frozen **mango**, **honey** (or agave nectar), **yogurt** and **lime juice** into a food processor.
2. Process until creamy, about 2-3 minutes. Scrape down the side of the bowl to make sure there are no lumps left.
3. Grate over the **zest of 1 lime** and stir in with a spatula.
4. Transfer it to an airtight freezable container and **freeze for a minimum 6 hours but preferably overnight**. Store it in the freezer for up to 1 month.

Serving size: 4 g

Calories: 87

Chocolate and Banana Frozen Yogurt

Serves 4

- 2 frozen peeled medium bananas (284 g) frozen
- 2 T honey or agave nectar
- 57g plain yogurt
- 37 g cocoa powder
- 2 tsp vanilla extract



1. Add the frozen **bananas**, **honey** (or agave nectar), **yogurt**, **cocoa powder** and **vanilla** extract into a food processor.
2. Process until creamy, **about 2-3 minutes**. Scrape down the side of the bowl to make sure there are no lumps left.
3. Transfer it to an airtight freezable container and **freeze for a minimum 6 hours but preferably overnight**. Store it in the freezer for up to 1 month.

Serving size: 4 g

Calories: 166

Peach Melba Frozen Yogurt

Serves 4

- 225 g frozen peaches
- 225 g frozen raspberries
- 4 T honey or agave nectar, divided
- 140 g plain yogurt, divided
- 1 T fresh lemon juice, divided



1. Add the frozen **raspberries**, **2 T of honey** (or agave nectar) and **70 g of yogurt** and $\frac{1}{2}$ T **lemon juice** into a food processor.
2. Process until creamy and even in color, **about 2-3 minutes**. Scrape down the side of the bowl to make sure there are no lumps left.
3. Put raspberry mixture into the freezer and rinse out the food processor
4. Add **1 C of frozen peaches**, **23 T of honey**, **70 g of yogurt** and $\frac{1}{2}$ T **lemon juice** in a food processor.
5. Process until creamy and even in color, **about 2-3 minutes**. Scrape down the side of the bowl to make sure there are no lumps left.
6. To create a multi-color effect dollop the peach flavored yogurt mixture into your raspberry mixture then transfer it to an airtight freezable container. **Freeze for a minimum 6 hours but preferably overnight**. Store it in the freezer for up to 1 month.

Mango Mint Frozen Yogurt

Serves 6 (½ C servings)

- 450 g frozen mango, cubed
- 400 g Greek yogurt
- 1 T honey
- 2 tsp powdered sugar
- ½ tsp light brown sugar
- 1 T fresh mint, chopped

1. Add **all ingredients except for mint** into food processor
2. Process ingredients until smooth. Add **mint** and process for about 5 seconds
3. Pour mixture into a shallow bowl, place plastic wrap directly on top of the yogurt mixture and place into **freezer for one to two hours**.
4. Once the yogurt reaches the consistency of soft serve ice cream, scoop it into small cups and garnish with fresh mint, if desired.

Serving size: ½ C

Calories: 99

