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



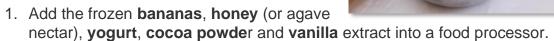
- Add the frozen mango, honey (or agave nectar), yogurt and lime juice into a food processor.
- 2. Process until creamy, about 2-3 minutes. Scrape down the side of the bowl to make sure there are no lumps left.
- 3. Grate over the **zest of 1 lime** and stir in with a spatula.
- 4. Transfer it to an 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



- 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



• 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
- Add the frozen raspberries, 2 T of honey (or agave nectar) and 70 g of yogurt and ½ 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 ½ 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.
- 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



- 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

