

High-Protein Frozen Yogurt 高タンパクフローズンヨーグルト

Serves 4

Ingredients

Base

- 340 g Oikos Greek yogurt (plain, unsweetened)
オイコスヨーグルト
- 150 g frozen mixed berries 冷凍ミックスベリー
- 40–60 g maple syrup (2–3 T) メープルシロップ

Texture & Flavor Enhancements

- 1 tsp vanilla extract
- Pinch salt
- 1–2 T milk (optional, for blending)

Optional Add-ins

- 20 g walnuts, chopped くるみ
- 1–2 tsp kinako きな粉
- 1 tsp lemon or yuzu zest

Instructions

1. Blend the base

- Add **yogurt**, **frozen berries**, and **maple syrup** to blender
- Blend 60–90 seconds until completely smooth
- Add **milk** only if needed

2. Adjust flavor

- Taste and adjust sweetness
- Add **vanilla** and pinch of **salt** if desired

3. Add optional ingredients

- Stir in **walnuts**, **kinako**, or **zest** if using
- 4A. Soft-serve version (recommended)**
- Transfer to shallow container
 - Chill in freezer 1–2 hours
 - Stir once halfway if possible
 - Serve when thick and creamy (not fully frozen)

4B. Firm frozen version

- Freeze 3–4 hours until firm
- Let sit 5–10 minutes before serving

Notes / Variations

- Soft-serve version gives best texture with yogurt
- Lower sugar: use 30–40 g maple syrup
- Creamier: add 1–2 T ricotta
- Mediterranean: walnuts + tiny drizzle olive oil
- Japanese: kinako + yuzu zest



Nutrition (per serving)

Kcal: 140 | Protein: 12 g | Fat: 0 g | Sat Fat: 0 g | Carbs: 22 g | Sugars: 18 g |
Fiber: 2 g | Sodium: 40 mg | Omega-3: 0.2 g