

Satisfy your sweet tooth sans the guilt with easy, creamy 5-minute healthy strawberry frozen yogurt!

INGREDIENTS:

- 4 cups frozen strawberries
- 3 Tablespoons agave nectar or honey
- 1/2 cup plain yogurt (non-fat or full fat)
- 1 Tablespoon fresh lemon juice

INSTRUCTIONS:

1. Add the frozen strawberries, agave nectar (or honey), yogurt and lemon juice to the bowl of a food processor. Process until creamy, about 5 minutes.
2. Serve the frozen yogurt immediately or transfer it to an airtight container and store it in the freezer for up to 1 month.



NOTES:

1. This is a bit of a tart frozen yogurt, but you can add additional agave nectar or honey if you want a sweeter-tasting dessert.
2. Fresh strawberries can be used in place of frozen, however the fresh strawberries must be frozen solid.

PREP TIME 5minutes minutes
TOTAL TIME 5minutes minutes
SERVINGS 4 servings

Nutrition

Calories: 114kcal, Carbohydrates: 25g, Protein: 2g, Fat: 2g, Saturated Fat: 1g, Cholesterol: 4mg, Sodium: 16mg, Potassium: 272mg, Fiber: 3g, Sugar: 19g, Vitamin A: 48IU, Vitamin C: 86mg, Calcium: 60mg, Iron: 1mg

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.