

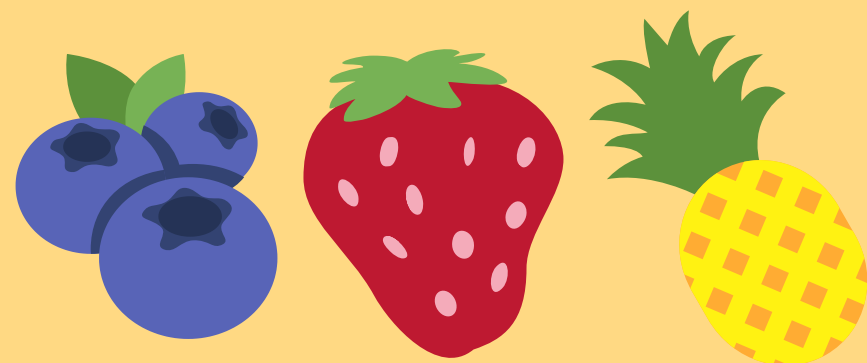
# BERRY FROZEN YOGURT

PREP TIME: 5 MINS  
TOTAL TIME: 5 MINS

SERVES 4  
CUISINE: USA

## Ingredients

- 2 cups (300 g) frozen/fresh berries of choice
- 1/2 cup plain Greek yogurt low-fat/ full fat
- 2 tablespoons honey
- 1 teaspoon lemon juice or vanilla extract (optional)



Feel free to use any  
fruits and sweetener of  
choice

# BERRY FROZEN YOGURT

## Steps

1. In your food processor or blender, add frozen berries, yogurt, and honey. Blend for 2 minutes or until the mixture is creamy.
2. Serve soft or transfer to an airtight freezable container and freeze for at least 3 hours or overnight. Store it in the freezer for up to 2 weeks.

**Note:** If using fresh berries freeze the mixture for at least 4-5 hours before serving or freeze the berries for at least 2 hours before blending.

**To freeze the fresh berries:**

- Pick over the berries to make sure no stems, unripe berries, or damaged berries are in the mix.
- Rinse the berries in water and dry thoroughly.
- Line a baking sheet with parchment paper or plastic wrap and add the berries in a single layer.
- Put them in the freezer until frozen solid. A few hours is usually long enough, but leave overnight if you can.



Top with fruits,  
nuts, seeds or  
granola for a  
more filling  
snack

