

5-Minute Healthy Strawberry Frozen Yogurt

Prep Time: 5 min

Makes: 4 servings

Ingredients:

4 cups frozen strawberries

3 tablespoons agave nectar or honey

½ cup plain yogurt

1 tablespoon lemon juice



Directions:

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.

Serve the frozen yogurt immediately or transfer it to an airtight container and store it in the freezer for up to 1 month.

Nutrition Information:

Amount: 1 serving

Calories: 145

Total Fat: 11.6 g

Saturated Fat

5.8 g

Cholesterol

4 mg

Sodium

2 mg

Total Carbohydrate

35 g

Dietary Fiber

5 g

Total Sugars

25 g

Added Sugars included

12 g

Protein

8.7 g

Vitamin D

0 mcg

Calcium

74 mg

Iron

2 mg

Potassium

387 mg

N/A - data is not available