



# Strawberry Frozen Yogurt

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*Recipe Source: PEHP Test Kitchen Staff*

*Servings: 4*

## **Ingredients:**

- 1 cup low fat plain Greek yogurt
- 2 tablespoons of maple syrup or honey
- ½ fresh squeezed lemon juice
- 1- pound frozen unsweetened strawberries

## **Steps:**

- Add the yogurt, honey, lemon juice and strawberries to blender (in that order).
- Turn the blender on high and push the frozen strawberries into the blades if needed. Blend for about 30 seconds (do not completely puree).
- Scoop the frozen yogurt and serve immediately or transfer to a container and freeze

**Nutritional Facts (Per Serving):** Calories: 107, Carbohydrates: 25 grams, Protein: 4 grams, Total Fat: .25 grams, Saturated Fat: 0 grams, Cholesterol: 1 mg, Sodium: 48 mg, Fiber: 3 grams, Sugars: 18 grams.