

# 5-MINUTE HEALTHY STRAWBERRY FROZEN YOGURT

YIELD: 4 TO 8 SERVINGS

PREP TIME: 5 MIN

## INGREDIENTS:

4 cups frozen strawberries  
3 Tablespoons agave nectar or honey  
1/2 cup plain, non-fat, Greek yogurt  
1 Tablespoon fresh 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.

### Kelly's Notes:

I prefer a more tart frozen yogurt, but you can add additional agave nectar or honey if you want a sweeter-tasting dessert.

Fresh strawberries can be used in place of frozen, however the fresh strawberries must be frozen solid.

### **Nutrition Facts (per serving): Makes 4 to 8 servings**

#### 4 Servings

144 calories  
4 g protein  
35 g carbohydrate  
0 g fat

#### 8 Servings

72 calories  
2 g protein  
18 g carbohydrate  
0 g fat



*This delicious recipe brought to you by **Just a Taste***

<http://www.justataste.com/2014/05/5-minute-healthy-strawberry-frozen-yogurt-recipe/>