

# Strawberry Frozen Yogurt

## Serving Information

Makes approximately 6 servings

## Ingredients

- 1 lb. Frozen Strawberrys
- ½ cup Low Fat Greek Yogurt (vanilla)
- 2 Tbsp Honey
- 1 tsp Lemon Juice

## Directions

1. Place all ingredients into blender until smooth.
2. Place in airtight container and freeze for at least 2 hours.
3. Optional: Remove every 30 min for the first 2 hours to help keep frozen yogurt softer.

0g fat, 1g fiber, 11g sugars  
61 calories, 13g carbs, 3g protein



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