

RASPBERRY LEMON FROZEN YOGURT

Ingredients

- 1 cup plain greek yogurt (regular)
- 12 oz. frozen raspberries
- 1/3 cup fresh lemon juice
- 2 teaspoons fresh lemon zest
- 3 tablespoons honey

Instructions

- 1 To a blender add greek yogurt, raspberries, lemon juice, lemon zest, and honey.
- 2 Blend until smooth.
- 3 Serve immediately or for a more solid consistency place in an air tight container and put in freezer for 1-2 hours. Serve!

Nutrition Facts

Servings: 5

Amount per serving

Calories **142**

% Daily Value*

Total Fat 0.3g 0%

Saturated Fat 0.1g 1%

Cholesterol 1mg 0%

Sodium 14mg 1%

Total Carbohydrate 31.2g 11%

Dietary Fiber 3.1g 11%

Total Sugars 28.1g

Protein 5.3g

**This recipe has been adapted by the South Plains Food Bank SNAP-Ed Department.*

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