



# Strawberry Frozen Yogurt

BY NICKI SIZEMORE

🕒 1 HR PREP | 🍴 4 SERVINGS

🔄 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## INGREDIENTS

1 <sup>2</sup>/<sub>3</sub> cups plain Greek yogurt      1/2 teaspoon lime zested  
 2 cups frozen strawberries        1/2 teaspoon lime juiced  
 1/4 cup honey                            1/2 bean of vanilla seed

### NUTRITION INFORMATION PER SERVING

Calories 166kcal	Sodium 61mg
Carbs 29g	Fiber 1.64g
Protein 9.6g	Added Sugar 17g
Total Fat 2.18g	Fruits 0.52 servings
Saturated Fat 1.26g	Vegetables 0 servings

## Method

1. Before beginning, place the yogurt in the freezer for 20 minutes to chill.
2. Dump the frozen strawberries into the food processor and pulse until the berries are coarsely chopped.
3. Add the yogurt (from the freezer) and the remaining ingredients. Scrape in the seeds from half a vanilla bean, if using. Process, scraping down the sides and breaking up any chunks as needed, until the mixture is thick and the strawberries are mostly incorporated with just a few chunks. You can serve the frozen yogurt right away, or you can transfer it to a loaf pan and freeze it for 20-30 minutes to set up.
4. \*Note: To scrape out the seeds of the vanilla bean, cut it in half lengthwise, then use the back of a small knife to scrape out the seeds.

