

Easy Frozen Yogurt

2 cups plain/natural Greek yogurt
½ cup sugar substitute - Xylitol
2 tsps vanilla extract/essence



Blend ingredients in a large, freezer-proof bowl. Cover and place in freezer, stirring every 30 minutes to avoid ice forming & until desired consistency is reached. Keep covered and frozen.

Makes 4, 1/2 cup servings.

*Nutritional information per 1/2 cup serving:: **Calories: 110**, Carbohydrates: 5g, Protein: 6g, Fat: 12g.*

Easy Strawberry Cheesecake Frozen Yogurt

2 cups plain/natural Greek yogurt
6 ounces low fat cream cheese, softened
11oz Strawberries Fresh (if using tinned strawberries, drain all liquid)
½ cup sugar substitute - Xylitol
2 Tbsp lemon juice
2 tsps vanilla extract/essence



Blend ingredients in a large, freezer-proof bowl. Cover and place in freezer, stirring every 30 minutes to avoid ice forming & until desired consistency is reached. Keep covered and frozen.

Makes about 5, 1/2 cup servings.

*Nutritional information per 1/2 cup serving: **Calories: 140**, Carbohydrates: 8.2g, Protein: 7g, Fat: 17g.*

Note:

- For soft-serve, you will likely only need to freeze the yogurt for 30-60 minutes, checking every 15 minutes or so.
- For solid ice cream consistency, allow 60-120 minutes for the yogurt to fully harden, stirring every 30 minutes.
- If your frozen yogurt becomes too frozen, simply let rest on the counter at room temperature (or in the refrigerator if you have more time) until the desired consistency is reached. Stir and serve.