

# Frozen Berry Yogurt

*Jazz up your frozen yogurt with this recipe. You can use fresh or frozen berries. If you use fresh, there are a few more steps involved. You can have this as a snack during the day or on a hot summer evening.*

Recipe Type: Dessert, Snack

Degree of Difficulty: Very easy

## Ingredients

1 cups Blackberries, frozen (unsweetened)  
1 cup Blueberries, frozen (unsweetened)  
1 cup Strawberries, frozen (unsweetened)  
6 tbs Sugar Substitute like Equal  
1 Tbsp Lemon juice  
 $\frac{3}{4}$  cup yogurt, plain nonfat



## Directions

- 1 In a blender, mix berries, sugar and lemon juice in blender until smooth.
- 2 Add yogurt and pulse until mixed in.
- 3 Scoop into bowls and serve.

## Steps for Fresh Fruits

- 1 Use steps 1 and 2 above and then follow the below instructions.
- 2 Pour mixture into a shallow metal dish and freeze (about 6 hours).
- 3 Remove from freezer and break into chunks.
- 4 Place frozen chunks into blender and blend until smooth.
- 5 Serve immediately.

## Cooking Times

Preparation Time: 10 minutes

Total Time: 10 minutes

## Nutrition Facts

Nutrition (per serving): 81 calories, <1g total fat, <1g saturated fat, 1.9mg cholesterol, 22.8mg sodium, 17.5g carbohydrates, 2.7g fiber, 10.9g sugar, 2.3g protein.

Servings: 6

Yield:  $\frac{1}{2}$  cup per serving

## Weight Watchers Points

Note: The non-fat yogurt and fruits are not included in the FreeStyle SmartPoints. All other points do not include the fruits.

Orig. WW Pts: 1

Points Plus: 1

Smart Points: 2

FreeStyle Smart Points: 1

## Tips

Freeze any unused portion in a container. If the fruits are in season, you can use fresh instead of frozen.

If you have an ice cream maker, transfer mixture into ice cream maker instead of shallow pan. Freeze according to manufacturer's directions.