

BERRY FROZEN YOGURT

Ingredients

2 cups frozen berries or any frozen fruit of your choice
1/2 cup plain yogurt low-fat, Greek, or full fat
2 tablespoons honey
1 tsp lemon or vanilla optional



Instructions

In your food processor or blender, add frozen berries, yogurt, and honey.
Blend for 2 minutes or until the mixture is creamy.
Serve soft or transfer to an airtight freezable container and freeze for at least 3 hours or overnight.
Store it in the freezer for up to 2 weeks.

Enjoy!