



Low Carb Frozen Yoghurt

Prep time: 5 mins

Cooking time: 0 mins

Serves: 5

Ingredients

Strawberry frozen yoghurt

- 260 g frozen strawberries
- 2 tsp vanilla extract
- 4 tbsps erythritol (optional)
- 180g Greek yogurt (4% fat)

Optional garnish

- 4 fresh strawberries, quartered
- 1 lime, sliced

Method

- Add the frozen strawberries, vanilla, and sweetener (if you are using any) to a blender or food processor. Mix for a couple of seconds.
- Add the yogurt and with a spatula, mix with the berries until combined. If you use the blender to mix in the yogurt, the consistency will be similar to a smoothie.
- For an extra fancy presentation, garnish it with fresh strawberries and a slice of lime



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