



Frozen Yogurt

Beat the heat with this awesome summer treat!



INGREDIENTS

- 32 oz plain Greek Yogurt
- 16 oz of mixed berries or banana
- metal mixing bowl or silicone molds (ice cube tray)

DIRECTIONS

1. Spoon yogurt into mixing bowl, and set aside.
2. Add fruit to your food processor, and blend until it becomes a paste.
3. Pour contents of the food processor into the bowl with the yogurt and stir well with a spoon. Place metal bowl in the freezer.
4. Stir every 30 min until it hits desired consistency.



Bone Appetit!