

*Homemade
Strawberry
Coconut Frozen
Yogurt*





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Recipe Yield 3-4 servings

Ingredients

- 1 ½ cups fresh strawberries
- ¾ cup coconut yogurt
- ¾ cup plain greek or plain natural, probiotic yogurt
- ¼ cup low fat milk, coconut milk or almond milk
- 1-2 tbsp Berry sugar to taste

Directions

1. In a food processor, blend fruit, sugar, milk and yogurt until smooth. I used the Magic Bullet as I was making only a small portion, however a food processor is perfect.
2. This yogurt recipe is more tart than sweet, so if you would like it to be sweeter, now is the time to add a little sugar to your desired sweetness.
3. Once the mix is to your liking, pour it into a metal cake pan and freeze for approximately 1-2 hours until just about solid.

4. Once semi frozen, break it up and place the pieces back in the food processor or magic bullet and blend until smooth. Place the frozen yogurt into an air-tight glass container, and freeze until firm. This should take approximately 4-5 hours, depending on the depth of your container.
5. Once ready, scoop and enjoy!