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Caribbean Coconut Frozen Yogurt

Caribbean Coconut Frozen Yogurt is a refreshing and tropical dessert that combines the creaminess of yogurt with the sweetness of coconut. It is a perfect treat for hot summer days or any time you want to indulge in a tropical delight. This frozen yogurt is made with coconut milk, Greek yogurt, and a touch of honey for sweetness. It is then frozen until creamy and smooth. Serve it in a bowl or cone and garnish with shredded coconut for an extra tropical touch.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 500 grams

Number of Servings: 5

Serving Size: 100 g

Ingredients

400 g	Coconut Milk
200 g	Greek yogurt
50 g	honey

20 g Shredded Coconut

Directions

Step 1

Blending

In a blender, combine coconut milk, Greek yogurt, and honey. Blend until smooth.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Pour the mixture into an ice cream maker and churn according to the manufacturer's instructions.

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Freezing

Transfer the churned frozen yogurt into a container and freeze for at least 4 hours or until firm.

Prep Time: 0 mins

Cook Time: 127 mins

Step 4

Serve the Caribbean Coconut Frozen Yogurt in bowls or cones. Garnish with shredded coconut.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 15 g

Protein: 4 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	1 g	2.63%	4%
Sugars	8 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	12 g	54.55%	70.59%
Fat	15 g	53.57%	60%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	20 mg	0.87%	0.87%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	2 mg	0.06%	0.08%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer Fall

Events

Thanksgiving Barbecue

Cuisines

Italian Chinese Indian French Japanese

Course

Desserts Sauces & Dressings

Cultural

Chinese New Year

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

Demographics

Senior Friendly

Diet

Vegan Diet

Pescatarian Diet

Meal Type

Snack

Supper

Difficulty Level

Easy

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