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## Green Tea Frozen Yogurt ♦♦

Green Tea Frozen Yogurt is a delicious and refreshing dessert that combines the flavors of green tea and creamy yogurt. It is a perfect treat for hot summer days or as a healthy alternative to traditional ice cream. The recipe is easy to make and requires only a few ingredients.

**Recipe Type:** Vegetarian

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>400 g</b>	Greek yogurt
<b>80 g</b>	honey
<b>10 g</b>	matcha green tea powder
<b>1 tsp</b>	vanilla extract

# Directions

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## Step 1

### Mixing

In a mixing bowl, combine Greek yogurt, honey, matcha green tea powder, and vanilla extract. Mix well until smooth.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## 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

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## Step 3

### Freezing

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

**Prep Time:** 0 mins

**Cook Time:** 127 mins

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## Step 4

Serving

Serve the green tea frozen yogurt in bowls or cones. Enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

## Nutrition Facts

Calories: 120 kcal

Fat: 0 g

Protein: 10 g

Carbohydrates: 25 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	0 g	0%	0%
Sugars	22 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
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	30 mg	1.3%	1.3%
Calcium	10 mg	1%	1%
Iron	2 mg	25%	11.11%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas Thanksgiving Birthday Halloween Valentine's Day  
Back to School Barbecue Picnic Game Day

### Course

Desserts Salads Soups Snacks

### Cultural

Chinese New Year

Diwali

Christmas

Easter

Halloween

### Meal Type

Brunch

Snack

Supper

### Difficulty Level

Medium

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