



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Triple Berry YoCream No-Fat Frozen Yogurt Sundae

The Triple Berry YoCream No-Fat Frozen Yogurt Sundae is a delicious and healthy dessert option. It is made with a combination of three different berries - strawberries, blueberries, and raspberries - which are blended into a creamy and refreshing frozen yogurt. This sundae is perfect for those who are looking for a guilt-free treat that is both vegan and vegetarian-friendly.

Recipe Type: Vegan

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

200 g	Strawberries
150 g	blueberries
150 g	Raspberries

500 g non-dairy yogurt

30 g agave syrup

1 tsp vanilla extract

Directions

Step 1

Wash the strawberries, blueberries, and raspberries.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Blending

Blend the strawberries, blueberries, raspberries, non-dairy yogurt, agave syrup, and vanilla extract in a blender until smooth.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 0 g

Protein: 2 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	5 g	13.16%	20%
Sugars	15 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	0 iu	0%	0%
Vitamin C	60 mg	66.67%	80%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	10 mg	0.43%	0.43%
Calcium	8 mg	0.8%	0.8%
Iron	4 mg	50%	22.22%
Potassium	200 mg	5.88%	7.69%
Zinc	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer Fall

Events

Easter

Course

Desserts Salads

Cultural

Chinese New Year

Demographics

Diabetic Friendly

Diet

Mediterranean Diet Lacto-Ovo Vegetarian Diet Vegan Diet
 Ovo-Vegetarian Diet Engine 2 Diet Low Sodium Diet The Gerson Therapy
 The Scarsdale Diet The Cabbage Soup Diet The Mayo Clinic Diet
 The Hollywood Diet The Grapefruit Diet The French Women Don't Get Fat Diet
 The F-Plan Diet The Air Diet The Breatharian Diet The Negative Calorie Diet
 The Master Cleanse Diet The Best Life Diet The 3-Day Diet The Eat-Clean Diet
 The Peanut Butter Diet The Bulletproof Diet The Dukan Diet The Optavia Diet
 The Pritikin Diet The Starch Solution Diet The GOLO Diet

The Specific Carbohydrate Diet (SCD) The Dr. Sebi Diet

The Crohn's Disease Diet The PCOS (Polycystic Ovary Syndrome) Diet

The SIBO (Small Intestinal Bacterial Overgrowth) Diet

The Histamine Intolerance Diet The IBS (Irritable Bowel Syndrome) Diet

The Salicylate Sensitivity Diet The Low Oxalate Diet

The Parkinson's Disease Diet The Multiple Sclerosis (MS) Diet

The Chronic Fatigue Syndrome Diet The Arthritis Diet The Osteoporosis Diet

The Heart-Healthy Diet The Low-Fat Diet The High-Protein Diet

The Low-Protein Diet The High-Calcium Diet The High-Potassium Diet

The Low-Potassium Diet The Low-Iron Diet The Low-Phosphorus Diet

The High-Vitamin C Diet The High-Vitamin K Diet The Low-Vitamin K Diet

The Low-Copper Diet The Spring Detox Diet The Fall Immunity-Boosting Diet

The Winter Warming Diet The High-Sulfur Diet The Rosacea Diet

The Celiac Disease Diet The Gallbladder Diet The Depression Diet

The Adrenal Fatigue Diet The Endometriosis Diet The Hashimoto's Disease Diet

The Lyme Disease Diet The Restless Leg Syndrome Diet The Tinnitus Diet

The Interstitial Cystitis Diet The Gastroparesis Diet The Menopause Diet

The Post-Pregnancy Diet The Fertility Diet The Breastfeeding Diet

The Low-Nickel Diet The Chronic Urticaria Diet The Raynaud's Disease Diet

The Lactose-Free Diet The Fructose Malabsorption Diet The Low-Histamine Diet

The Irritable Larynx Syndrome (ILS) Diet The Chronic Pancreatitis Diet

The Leaky Gut Syndrome Diet The Ankylosing Spondylitis Diet

The Myasthenia Gravis Diet

The POTS (Postural Orthostatic Tachycardia Syndrome) Diet

The Chronic Obstructive Pulmonary Disease (COPD) Diet The Asthma Diet

The Sinusitis Diet The Insomnia Diet The Seasonal Affective Disorder (SAD) Diet

The ADHD Diet (Attention Deficit Hyperactivity Disorder) The Autism Diet

The Bipolar Disorder Diet The Schizophrenia Diet

The Post-Traumatic Stress Disorder (PTSD) Diet

Blood Type O Diet

Blood Type A Diet

Blood Type B Diet

Blood Type AB Diet

Cooking Method

Frying

Smoking

Grinding

Canning

Fermenting

Simmering

Serving

Cooking

None

Stir-frying

Mashing

Preheating

Sprinkling

Refrigerating

Cooling

Stove

Healthy For

Gastroesophageal reflux disease (GERD)

Gastritis

Peptic ulcer disease

Irritable bowel syndrome (IBS)

Celiac disease

Diverticulitis

Hemorrhoids

Appendicitis

Pancreatitis

Liver disease

Gastroparesis

Hepatitis

Colorectal cancer

Meal Type

Brunch

Snack

Supper

Difficulty Level

Medium

Visit our website: healthdor.com