



Healthdor

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Frozen Yogurt

Frozen yogurt is a delicious and refreshing dessert made with yogurt and various flavors. It is a popular treat during hot summer months and can be enjoyed by people of all ages.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 500 grams

Number of Servings: 5

Serving Size: 100 g

Ingredients

| | |
|-------|---|
| 400 g | Greek yogurt |
| 100 g | honey |
| 2 tsp | vanilla extract |
| 200 g | fresh fruit (e.g., strawberries, blueberries) |
| 50 g | granola |

Directions

Step 1

Mixing

In a mixing bowl, combine Greek yogurt, honey, and vanilla extract. Mix well.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Ice cream maker

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

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Mixing

Once the frozen yogurt reaches a soft-serve consistency, add fresh fruit and granola. Mix well.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Freezing

Transfer the frozen yogurt to a container and freeze for at least 2 hours to firm up.

Prep Time: 0 mins

Cook Time: 120 mins

Step 5

Serving

Serve the frozen yogurt in bowls or cones. Enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 0 g

Protein: 10 g

Carbohydrates: 30 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 | 30 g | 54.55% | 60% |
| Fibers | 2 g | 5.26% | 8% |
| Sugars | 24 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 | 2 iu | 0.22% | 0.29% |
| Vitamin C | 8 mg | 8.89% | 10.67% |
| 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 | 50 mg | 2.17% | 2.17% |
| Calcium | 15 mg | 1.5% | 1.5% |
| Iron | 2 mg | 25% | 11.11% |
| Potassium | 200 mg | 5.88% | 7.69% |
| Zinc | 0 mg | 0% | 0% |
| Selenium | 0 mcg | 0% | 0% |

Recipe Attributes

Seasonality

Summer

Fall

Events

Christmas

Thanksgiving

Picnic

Course

Drinks

Salads

Desserts

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Meal Type

Snack

Supper

Difficulty Level

Easy

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