



STRAWBERRY FROZEN YOGURT



INGREDIENTS

ITEM

- Lactose-free Plain Greek Yogurt
- Frozen Strawberries
- Lactose-free Milk
- Maple Syrup
- Pure Vanilla Extract

QUANTITY

$\frac{3}{4}$ Cup
 $\frac{1}{2}$ Cup
1 Tbsp.
1 Tbsp.
1 Tsp.

SERVING SIZE

1



PREPARATION

- Add all ingredients to a blender or food processor.
- Blend until smooth and creamy.
- Serve immediately for a soft-serve texture.
- For a firmer texture, freeze for 30-60 minutes before serving.