

Find this recipe at: <https://greenvalleylactosefree.com/in-the-kitchen/recipes/mango-frozen-yogurt>

Mango Frozen Yogurt

Prep time: 15 minutes

Servings: 6

Who knew homemade frozen yogurt could be so easy? Just a few simple ingredients and a few hours in the freezer and you've got yourself a rich summer treat. Our whole milk yogurt creates a creamy base for the sweet frozen mango and the lime provides a subtle tartness. Any blend of frozen fruit would work well for this recipe.

Green Valley Creamery

Ingredients

2 cups frozen mango

2 Tbsp. honey or agave nectar

1½ cup Green Valley Creamery Lactose-Free Plain Whole Milk Yogurt

1 Tbsp. fresh lime juice

Instructions

1. Add the frozen mango, honey (or agave nectar), yogurt and lime juice into a food processor or blender. There is not a lot of liquid so make sure your food processor or blender is powerful enough.
2. Process until creamy, about 2-3 minutes. Scrape down the side of the bowl to make sure there are no lumps left.
3. Transfer to an airtight freezable container and freeze for a minimum 4-6 hours. You may store it in the freezer for up to 1 month.
4. Note: Fresh fruit can be used in place of frozen, however the fresh fruit should be frozen solid as the water in the fresh fruit can give the frozen yogurt an icy consistency.