

Low-Sugar Fat-Free Strawberry Frozen Yogurt

Yield: 5 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/frozen-greek-yogurt-popsicles-recipe>

Ingredients:

- 2 cups strawberries fresh, cleaned, cut in half or fourths
- 1/2 cup strawberry preserves sugar-free or low-sugar
- 1/2 cup stevia
- 1 inch sweetener
- 2 cups greek yogurt Fage Total 0%, or use any plain or Greek yogurt of your choice if you don't care if it's fat-free

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 15 milligrams
4. Fat: 3 grams
5. Fiber: 2 grams
6. Protein: 4 grams
7. SaturatedFat: 2 grams
8. Sodium: 55 milligrams
9. Sugar: 24 grams

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