

Strawberry Frozen Yogurt

Yield: 4 min
Total Time: 65 min

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

Ingredients:

- 3 cups strawberries sliced fresh
- 3 tablespoons lemon juice
- 1 cup sugar depending on how sweet you want the result, and how sweet your strawberries are to begin with
- 1/4 teaspoon salt
- 1/2 cup whole milk
- 1 1/2 cups yogurt full fat, if use low or non fat, then add 2 Tbsp cream

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 67 grams
3. Cholesterol: 10 milligrams
4. Fat: 3 grams
5. Fiber: 3 grams
6. Protein: 4 grams
7. SaturatedFat: 2 grams
8. Sodium: 200 milligrams
9. Sugar: 62 grams

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