

# Low-Sugar and Fat-Free Fresh Peach Frozen Yogurt

Yield: 5 min  
Total Time: 50 min

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

## Ingredients:

- 2 cups peaches peeled and diced fresh
- 1/2 cup apricot preserves sugar-free, or any low-sugar apricot jam
- apricot preserves see note at the end if you want to replace the, with more peaches
- 1/2 cup stevia In the Raw Granulated Sweetener or Splenda, or use sugar if you don't care if the frozen yogurt is low-sugar
- 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: 34 grams
3. Cholesterol: 15 milligrams
4. Fat: 3 grams
5. Fiber: 1 grams
6. Protein: 4 grams
7. SaturatedFat: 2 grams
8. Sodium: 60 milligrams
9. Sugar: 25 grams

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