

# Greek Yogurt Frosting – A Healthy Frosting

Yield: 4 min  
Total Time: 30 min

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

## Ingredients:

- 1 cup plain greek yogurt I used Stonyfield Farms
- vanilla extract A good splash of, I used 1 t
- 1/2 cup sugar powdered, sifted, You could use a little more or less depending on how sweet you like your frosting.

## Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 25 grams
3. Sugar: 25 grams

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