

Mango Greek Yogurt Sherbet

Yield: 4 min
Total Time: 15 min

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

Ingredients:

- 20 ounces frozen mango chopped
- 1 cup honey greek yogurt
- 3 tablespoons honey or agave
- 2 tablespoons mango juice
- mint optional
- mango optional

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 47 grams
3. Fiber: 4 grams
4. Protein: 2 grams
5. Sodium: 5 milligrams
6. Sugar: 45 grams

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