

Easy Strawberry Frozen Yogurt

By Erin Vander Weele

As a lighter and healthier alternative to ice cream, frozen yogurt is a perfect treat to have on hand for a hot summer day. It's quick and easy to make at home!

Ingredients

- 3 cups whole milk Greek yogurt (vanilla bean flavor)
- 4 cups frozen strawberries
- ½ cup honey
- 1/4 cup heavy whipping cream

Directions

1. Combine all ingredients in a blender and mix until smooth.
2. Pour into a freezer safe container, then use a spoon to smooth out the surface. Cover with a lid or tightly with foil.
3. Freeze for at least a few hours. When ready to serve, let sit at room temperature until soft before scooping.

