5-Minute Healthy Greek Frozen Yogurt
INGREDIENTS
4 cups frozen fruit
1/2 cup plain Greek yogurt
2 teaspoons vanilla extract
3 Tablespoons honey

INSTRUCTIONS
In the bowl of a food processor, combine the frozen fruit, Greek yogurt, vanilla extract and honey. Process the mixture until it is creamy, about 5 minutes. (See Kelly's Notes.)

Serve the frozen yogurt immediately or transfer it to an airtight container and freeze it until ready to serve.

KELLY’S NOTES:
The type and size of frozen fruit will determine how long it has to be blended. Sliced frozen bananas may only require 2 to 3 minutes of blending, while larger frozen strawberries or diced mango may require up to 5 minutes.

You can use full-fat Greek yogurt or any percentage of fat, however the more fat, the creamier the frozen yogurt will be.

This Greek frozen yogurt will last up to 1 month when stored properly in an airtight container in the freezer.