



How to Make Frozen Yogurt + 4 More Easy Frozen Yogurt Recipes



Find out how easy it is to make healthy frozen yogurt with fresh fruit at home and without an ice cream maker. Enjoy these 4 new easy frozen yogurt recipes.

Categories	Dessert, Frozen, frozen yogurt, Ice Cream, Sweet Treat
Difficulty	Easy
Keyword	frozen yogurt recipe, homemade frozen yogurt, how to make frozen yogurt
Prep Time	2 hours
Blending	10 minutes
Servings	4
Calories	98 kcal
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Ingredients

Peanut Butter Frozen Yogurt

- 2 large ripe bananas, sliced and frozen
- 1/2 cup full fat plain greek yogurt
- 1/2 cup creamy natural peanut butter
- raw honey, as needed (for sweetness)

Chocolate Frozen Yogurt

- 2 large ripe bananas, sliced and frozen
- 2 tbsp dark cocoa powder
- 3/4 cup full fat plain greek yogurt
- 2 tsp pure maple syrup, plus more as needed (for sweetness)

Blueberry Frozen Yogurt

- 3 cups blueberries, frozen
- 2/3 cup full fat plain greek yogurt
- 1 tsp freshly squeezed lemon juice
- 1 tbsp raw honey, plus more as needed (for sweetness)

Raspberry Frozen Yogurt

- 3 cups raspberries, frozen
- 2/3 cup full fat plain greek yogurt
- 2 tbsp raw honey, plus more as needed (for sweetness)

Instructions

To Freeze the Fruit:

1. To make this frozen yogurt, I use a food processor, but you could also make this in a heavy duty kitchen blender.
2. To do so, line a rimmed baking sheet with tin foil and then add two dividers to divide it into thirds. In one third, add fresh blueberries. In the second third, add fresh raspberries. And in the final third, add sliced bananas.
3. Then, transfer this to the freezer for just about an hour or two and they'll be perfectly frozen and ready to use. You could also use pre-frozen fruit.

Peanut Butter Frozen Yogurt

1. So add the frozen bananas to your food processor, followed by the full fat greek yogurt and natural peanut butter.
2. Blend this all together for a couple minutes until it's smooth. You may need to scrape down the sides a bit to help it along.

3. You can taste it once it's fully mixed to see if any sweetness is needed - if you used ripe bananas, it prob doesn't need any sweetener, but you could add in a little raw honey if needed and process again.
4. This peanut butter frozen yogurt is now ready to eat and has a soft serve consistency. To harden it a little, you can place in the freezer in an air-tight container and freeze for about an hour, if you'd prefer.

Raspberry Frozen Yogurt

1. Add the frozen raspberries to the food processor - depending on the fruit, I tend to use 3 or 4 cups of fruit.
2. Then, add full fat plain greek yogurt and a little raw honey because the raspberries aren't super sweet.
3. Blend this all together for a minute or so until it's smooth, scraping down the sides if you have to.
4. Once it's all pureed, you can taste it and see if it needs any more raw honey and then blend again. You could also use pure maple syrup, if you'd prefer.
5. This raspberry frozen yogurt is now ready to eat and has a soft serve consistency. To harden it a little, you can place in the freezer in an air-tight container and freeze for about an hour, if you'd prefer.

Chocolate Frozen Yogurt

1. Start by adding the frozen sliced bananas to the food processor, followed by dark cocoa powder, full fat plain greek yogurt, and a little pure maple syrup.
2. Then so simple - just blend until smooth, scraping down the sides along the way as needed.
3. If you like sweeter chocolate, you can add a little more pure maple syrup or, if you like more bitter dark chocolate, add a little less.
4. This chocolate frozen yogurt is now ready to eat and has a soft serve consistency. To harden it a little, you can place in the freezer in an air-tight container and freeze for about an hour, if you'd prefer.

Blueberry Frozen Yogurt

1. First, add the frozen blueberries to your food processor, followed by full fat plain greek yogurt, a little raw honey, and a quick squeeze of lemon juice.
2. Then, blend all this together, scraping down the sides of the food processor if needed to help it along.
3. This blueberry frozen yogurt is now ready to eat and has a soft serve consistency. To harden it a little, you can place in the freezer in an air-tight container and freeze for about an hour, if you'd prefer.

Recipe Notes

Nutritional information provided is for Chocolate Frozen yogurt recipe.

Nutrition Facts	
How to Make Frozen Yogurt + 4 More Easy Frozen Yogurt Recipes	
Amount Per Serving (0.5 cup)	
Calories 98	
	% Daily Value*
Cholesterol 1mg	0%
Sodium 15mg	1%
Potassium 337mg	10%
Carbohydrates 20g	7%
Fiber 2g	8%
Sugar 11g	12%
Protein 5g	10%
Vitamin A 45IU	1%
Vitamin C 5.9mg	7%
Calcium 52mg	5%
Iron 0.6mg	3%
* Percent Daily Values are based on a 2000 calorie diet.	