

Sweet Vanilla Frozen Yogurt

A no-bake and diabetic-friendly recipe

Ingredients:

- 4 cups non-fat Greek yogurt
- 2 teaspoons vanilla
- 1/3 cup NuStevia sugar simple syrup



Directions

1. Line a metal strainer with two paper towels. Place the yogurt in the center of the paper towels and allow yogurt to drain for 2 hours in the refrigerator.
2. Whisk strained yogurt, vanilla, and syrup in a medium bowl. Cover and place in the freezer for 1 hour.

Makes 4 servings

To make a recipe card, print on card stock paper. Cut out along dotted lines. Glue the front and back of the card together.