

Vanilla Frozen Yogurt



This vanilla frozen yogurt is a healthy and easy-to-prepare snack, perfect for cooling off on hot summer days. Rich in protein thanks to Greek yogurt, it combines simplicity and indulgence with the sweet touch of [Colibri Vanille](#)'s natural flavors. Suggested by a nutritionist, this quick recipe is perfect for the whole family. Enjoy with your choice of toppings.

Preparation 5 min
Cooking 0 min
Waiting 90 min
Servings 4
Nutrition Facts (per serving)
Calories 145
Fat 3
Carbohydrates 19
Fibre 1
Protein 12
Sodium 65

Ingredients

- 500 ml (2 cups) plain 2% Greek yogurt
- 45 ml (3 tbsp) honey
- 10 ml (2 tsp) pure vanilla extract (such as [Colibri Vanille](#))

Topping (optional)

- Dark chocolate shavings
- Chopped nuts
- Fresh or frozen berries

Preparation

1. In a medium bowl, mix the Greek yogurt, honey and vanilla extract until smooth.
2. Pour into an airtight container. Add toppings if desired.
3. Freeze for 90 minutes, stirring every 30 minutes to prevent ice crystals from forming.
4. Serve immediately, or store in the freezer and let sit at room temperature for 30 minutes before eating.

Notes

Keeps for up to 1 month in an airtight container in the freezer.



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