

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



Frozen Fruit Sherbet
Makes 4 (1-cup) servings
Perfect for a hot summer day and only 63 calories!

INGREDIENTS

1 pound (16 ounces) frozen cut fruit – strawberries, pineapple, mango, peaches, etc.
½ cup non-fat Vanilla Greek Yogurt, or silken tofu
½ cup water
Sweeten to taste with a few tablespoons honey, agave nectar, or sugar (optional)

DIRECTIONS

Place the frozen fruit, yogurt, and water in a food processor or blender. Process until pureed and creamy. Add additional water, if necessary, to breakdown completely. Sweeten to taste, if desired. Serve immediately or freeze for later

Recipe Notes: Try mixing other ingredient combinations

- Coconut yogurt with frozen pineapple
- Lemon yogurt with frozen blueberries
- Vanilla yogurt with mango and lime zest

Serves: 4 (using non-fat Greek yogurt)

Calories: 63

Total Fat: 0 grams

Saturated Fat: 0 grams

Protein: 3 grams

Total carbohydrates 12 grams

Fiber: 2 grams

Cholesterol: 0 milligrams

Sodium: 3 milligrams