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 carbohydrates12 grams
Fiber: 2 grams
Cholesterol: 0 milligrams
Sodium: 3 milligrams