

RECIPE

Instant Frozen Berry Yoghurt



Ready in **2 minutes**

Serves **4 people**

70 calories

Ingredients

- 250g frozen mixed berry
- 250g 0%-fat Greek yogurt
- 1 tbsp [honey or agave syrup](#)

Preparation

1. Blend berries, yogurt and honey or agave syrup in a food processor for 20 seconds, until it comes together to a smooth ice-cream texture. Scoop into bowls and serve.