

Mango and Lime Frozen Yogurt (No Machine)

Serves: 4

Ingredients

2 cups (10oz/284g) frozen mango

2 Tablespoons honey or agave nectar

¼ cup(2oz/57g) plain yogurt (greek, non-fat or full fat)

1 Tablespoon fresh lime juice

Zest of 1 fresh lime

Instructions

1. Add the frozen mango, honey (or agave nectar), yogurt and lime juice into a food processor (or liquidizer).
2. Process until creamy, about 2-3 minutes. Scrape down the side of the bowl to make sure there are no lumps left.
3. Grate over the zest of 1 lime and stir in with a spatula
4. Transfer it to an airtight freezable container and freeze for a minimum 6 hours but preferably overnight.

Store it in the freezer for up to 1 month.

Notes

Fresh fruit can be used in place of frozen, however the fresh fruit must be frozen solid.

Store in the freezer for up to 1 month.

