

Instant Berry-Mango Frozen Yogurt

Berries contain antioxidants, fibre and are low in calories. Canada's Food Guide recommends 7–10 servings of Vegetables and Fruit each day. This recipe is fast and easy, and provides 1 serving of Vegetables and Fruit.



Ingredients:

1 medium	Mango	1 medium
1 lb	Frozen mixed berries	454 g
2 cups	Plain 1% M.F. yogurt	500 mL
2 Tbsp	Honey	30 mL

Directions:

1. Slice the cheeks off the mango stone, score the flesh and scoop it out with a spoon, placing it in the bowl of a food processor.
2. Add the berries, yogurt and honey and pulse until well blended, almost smooth and thick, like soft frozen yogurt.
3. Serve immediately (it will be soft), or transfer to a container and freeze for about half an hour, or until it firms up. (Don't leave it in the freezer too long, or it will freeze solid.)

Makes 8 servings (175 mL/ $\frac{3}{4}$ cup/ 149 g)

Source: developed by Julie van Rosendaal for Apple, Alberta Health Services' health and wellness magazine

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Nutrition Facts	
Per 1/8 of recipe (175 mL/ ¾ cup/ 149 g)	
Amount	% Daily Value
Calories 90	
Fat 1 g	2 %
Saturated 0.5 g + Trans 0 g	3 %
Cholesterol 5 mg	
Sodium 45 mg	2 %
Carbohydrate 18 g	6 %
Fibre 1 g	4 %
Sugars 15 g	
Protein 4 g	
Vitamin A	35 %
Vitamin C	50 %
Calcium	10 %
Iron	4 %

Nutrient Claim	Amount per serving
Low in fat	1 g
Low in saturated fat	0.5 g
Low in sodium	45 mg
Source of potassium	270 mg
Source of calcium	124 mg
Source of magnesium	19 mg
Source of folate	20 mcg

Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	1
Grain Products	0
Milk and Alternatives	¼
Meat and Alternatives	0

This is a Choose Sometimes recipe (Mixed Dish–Vegetarian) according to the Alberta Nutrition Guidelines.

Special Equipment Required:

- Food Processor or Blender