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The answers to all your yogurt questions Jump to Recipe Jump to Video/Greek Frozen yogurt or froyo is the ultimate summer dessert. Light, cool, and so refreshing. It's that slight sourness of the yogurt that makes it so appetizing! It's also simple and quick to make using only 3 ingredients with no ice cream maker needed! Frozen Yogurt is a healthy, healthier alternative to ice cream. Especially the refined sugar-free version you'll find in the recipe below. To make ice cream from yogurt, or froyo, you need a sweetener and Greek yogurt. Table Of Contents For the basic frozen yogurt recipe that yields soft-serve frozen yogurt, you need full-fat Greek yogurt, sugar, and whipping cream (which helps make it creamy with no ice crystals forming). For the healthy sugar-free version of this yogurt ice cream, the ingredients you need are just Greek yogurt and honey. In both versions, you can flavor/frozo with either vanilla, almond extract, or orange extract. Flavor: Frozen yogurt differs in flavor from ice cream due to the fact it has a tangy taste, which is why some people don't like it. The good news is that the tanginess of the yogurt can be masked by adding a small amount of sweetener. The bad news is that the tanginess of the yogurt can be masked by adding a small amount of sweetener. The good news is that the tanginess of the yogurt can be masked by adding a small amount of sweetener. The bad news is that the tanginess of the yogurt can be masked by adding a small amount of sweetener.

Mix-ins: Using an ice cream maker, the method produces different results when it comes to texture. A food processor produces a frozen yogurt with a sorbet texture. Especially, if you add fruit to it. The electricity will result in frozen yogurt with a creamier texture (that will eventually get denser if not consumed a couple of hours after it is made). You will need to let it thaw for 20 minutes at room temperature before serving. An ice cream machine will give you frozen yogurt that is as creamy as the electric mixer but this creamy texture will last longer inside the freezer. TYPE OF YOGURT AND FAT RATIO It's very important to use strained Greek yogurt in order to get a creamy texture. Strained Greek yogurt is yogurt with less water content than plain yogurt. And less water = fewer crystals. You can buy it strained or use regular Greek yogurt and strain it at home. It is a very simple process all you can see here. Another thing you need to pay attention to if you want frozen yogurt with a very creamy texture is the fat percentage ratio of the yogurt you are using. The higher the fat content the creamier the frozen yogurt. If you are looking for a way to skip some calories though one option is to use low-fat Greek yogurt, strain it, and then use the ice cream machine to make it. This will partly make up for the missing fat. THE BEST FROYO RECIPE! To make this simple frozen yogurt recipe, I'm using the electric mixer method which is my favorite. Because I never seem to have the canister frozen in time for whenever I have an ice cream craving. So to make the best froyo that's soft serve and very creamy, I beat separately the whipping cream with half the sugar and then the yogurt with the remaining sugar. And then combine both and freeze. It's that small little step of beating the cream into whipped cream that makes all the difference. The air bubbles locked in the mixture make this frozen yogurt so creamy! For the ultimate soft-serve froyo treat it for no more than 2-3 hours. Once the mixture is ready, right before popping it into the freezer you can stir in any of the great with any of the following Greek desserts: Portokalopita (syrrupy orange pie with a cake-like texture), Upside Down Blood Orange Pie (pretty similar to the previous one but with delicious spices), Semolina Cake With Yogurt And Almonds, Greek Walnut Cake With Syrup. For Greeks, the best way to eat Greek yogurt is topped with honey and walnuts. So yes! Honey and chopped walnuts are one of the best toppings. Also, fruit preserves like Homemade Quince Preserves or Chunky Lemon Jam (this is the best!) or any other fruit you prefer. My next favorite topping especially for the healthy sugar-free version of this yogurt ice cream is my Speedy Fresh Strawberry Sauce (which is also sugar-free). I know it's such a cliché to pair yogurt and strawberries but what can you do? Some things are meant to be! So why not try my No-Bake Strawberry Cheesecake Yogurt? Always a winner! Share cup and redistribute the material in any medium or format for any purpose, even commercially. Adapt remix, transform, and build upon the material for any purpose, even commercially. The licensor cannot revoke these freedoms as long as you follow the license terms. Attribution You must give appropriate credit , provide a link to the license, and indicate if changes were made . You may do so in any reasonable manner, but not in a way that suggests the licensor endorses you or your use. ShareAlike If you remix, transform, or build upon the material, you must distribute your contributions under the same license as the original. No additional restrictions You may not apply legal terms or technological measures that legally restrict others from doing anything the license permits. You do not have to comply with the license for elements of the material in the public domain or where your use is permitted by an applicable exception or limitation . No warranties are given. The license may not give you all of the permissions necessary for your intended use. For example, other rights such as publicity, privacy, or moral rights may limit how you use the material. Frozen yogurt is a favorite type of frozen treat. Measure your portion size in a measuring cup, scoop it into a small cup or bowl and eat it with a baby spoon. You'll curb your sweet tooth and allow yourself to slowly enjoy a treat, without going overboard on your portion size.Regular full-fat plain frozen yogurt has about 110 calories per one-half cup serving. Frozen yogurts with fruit, brownies or other added ingredients, may have even more calories. Cut your calories by opting for a nonfat variety, which offers around 70 calories for the same serving size. Approximately three-fourths of the calories in any type of frozen yogurt come from carbohydrates.If you are diabetic or on a low-carb diet, measuring out your portion size is important to avoid consuming too many carbohydrates.Article continues below this adA one-half cup serving of any type of frozen yogurt has approximately 3 grams of protein. Not only is protein a major component of muscle tissue, it also gives structure to skin and acts as a backup source of energy when carbohydrates are not available. According to the Dietary Guidelines for Americans 2010, your diet should consist of 10 to 35 percent calories from protein. You may need the higher end of the range if you are very active, but stick to the lower end if you are primarily inactive. All proteins have 4 calories per gram. If you follow an average 2,000-calorie diet, you need 50 to 175 grams of protein each day. Depending on your activity level, a one-half cup serving of frozen yogurt offers as much as 5 percent of your daily protein needs for a 2,000-calorie diet.Dairy foods, such as frozen yogurt, pack lots of calcium into your diet. Calcium is a vital component of bone structure, but it also regulates hormone production, muscle function and everyday brain communication. You need 1,000 milligrams of calcium every day from a daily basis, and frozen yogurt provides 100 mg of calcium per half cup. Regular full-fat frozen yogurt contains 100 mg of calcium per half cup. Most of the fat in frozen yogurt is saturated fat. Saturated fats are solid at room temperature and increase your risk of cardiovascular disease when you consume too much. Less than 10 percent of your total calories should come from saturated fat, reports the Dietary Guidelines for Americans 2010. For a 2,000-calorie diet you can have up to 22 grams of saturated fat, because fat has 9 calories per gram. One-half cup of regular full-fat frozen yogurt takes up nearly 10 percent of your daily saturated fat allotment for a 2,000-calorie diet. Opting for nonfat varieties instead reduces your saturated fat intake to less than .5 grams in a one-half cup serving. Welcome to the delightful world of Greek frozen yogurt! If you're a fan of this creamy and tangy treat but don't have an ice cream maker, don't worry. In this article, we will guide you through the steps of making Greek frozen yogurt without an ice cream maker. Get ready to indulge in a refreshing and healthier alternative to traditional ice cream.Greek frozen yogurt has gained popularity in recent years due to its smooth texture, slightly tart taste, and numerous health benefits. Made with strained yogurt, it is packed with protein and calcium, making it a guilt-free frozen dessert option. Whether you're lactose-intolerant or trying to cut back on calories, this DIY recipe will let you enjoy the deliciousness of Greek frozen yogurt right at home. What makes this recipe even more exciting is that you don't need any specialized equipment. No ice cream maker? No problem! We will walk you through the step-by-step process, from preparing the yogurt mixture to freezing and serving the perfect Greek frozen yogurt. Just imagine being able to customize your flavors and toppings, knowing exactly what ingredients are going into your frozen treat. It's a wonderful way to get creative in the kitchen and make something healthy and delicious. While there are many store-bought options, making your own allows you to resist the temptations of high-sugar, high-fat, or low-fat depending on your preference. Adjust according to your desired level of sweetness! teaspoon of vanilla extract Enhances the overall flavor! cup of frozen fruits Choose your favorite fruits like berries, mangoes, or peachesOptional toppings Fresh fruits, chocolate chips, nuts, or honey to garnishThese ingredients can be easily found at your local grocery store or supermarket. Feel free to experiment with different fruit combinations to create your own unique flavors.Now that you have all the necessary ingredients, it's time to dive into the step-by-step process of making Greek frozen yogurt without an ice cream maker. Get ready to embark on a scrumptious and refreshing taste adventure! Step 1: Preparing the Yogurt MixtureThe first step in making Greek frozen yogurt without an ice cream maker is to prepare the yogurt mixture. This involves combining the Greek yogurt, sugar, and vanilla extract to achieve a creamy and sweet base. Here's how you do it:In a mixing bowl, add 2 cups of Greek yogurt.Sprinkle in 1/2 cup of granulated sugar. Adjust the amount according to your desired level of sweetness.Add 1 teaspoon of vanilla extract to enhance the flavor of the yogurt.Using a whisk or a spoon, vigorously stir the mixture until the sugar is fully dissolved and the ingredients are well combined.Ensure that the yogurt is smooth and there are no lumps remaining. You can taste the mixture at this stage to see if you prefer it sweeter or if you'd like to add more vanilla extract. The beauty of homemade Greek frozen yogurt is the ability to customize it to your taste.Once the yogurt mixture is well-prepared, it's time to move on to the next step: freezing the yogurt without an ice cream maker. Get ready for the anticipation of a cool and creamy Greek frozen yogurt treat! Step 2: Freezing the Yogurt Without an Ice Cream MakerNow that you have your yogurt mixture ready, it's time to turn it into a frozen delight without the help of an ice cream maker. Don't worry; it's easier than you might think. Here's how you freeze the yogurt mixture:Line a shallow container with plastic wrap or parchment paper. This will prevent the yogurt from sticking to the sides and bottom of the container. Smooth the surface of the yogurt with a spatula or the back of a spoon for an even appearance.Recover the container with the lid or aluminum foil to prevent freezer burn.Place the container in the freezer and allow it to freeze for about 2 hours. During this time, you can prepare your toppings and mix-ins. When the yogurt is partially frozen, it will be easier to handle. However, it won't have the same texture as ice cream just yet. That's where the next step comes in mixing and breaking the ice crystals.Be patient and resist the urge to check on the yogurt too frequently. Opening the freezer frequently can cause the yogurt to thaw and refreeze unevenly, resulting in icy chunks.When the yogurt has been in the freezer for around 2 hours, it's time to move on to the next step. Get ready to transform the semi-frozen yogurt into a creamy and smooth frozen dessert! Step 3: Mixing and Breaking the Ice CrystalsNow that your yogurt has been in the freezer for about 2 hours, it's time to give it a little TLC to break up any ice crystals and create a creamy texture. Here's how you mix and break the ice crystals:Take the partially frozen yogurt out of the freezer.Using a fork or a whisk, vigorously stir the yogurt, breaking up any ice crystals that have formed.Continue to stir for a few minutes until the frozen yogurt starts to soften and become creamy.Ensure that you're mixing thoroughly, incorporating any frozen bits on the sides or bottom of the container.This step is crucial as it helps to prevent the formation of large ice crystals, which can result in a grainy texture. The goal is to achieve a smooth and creamy consistency, similar to store-bought frozen yogurt.Once you've mixed and broken up the ice crystals, it's time to put the yogurt back into the freezer. But not for long! We're almost there.Coming up next is the final step: freezing the yogurt again to achieve the perfect Greek frozen yogurt texture. Get ready to experience pure frozen yogurt bliss! Step 4: Freezing the Yogurt AgainAfter mixing and breaking the ice crystals, it's time to give the yogurt one last freeze to achieve the perfect Greek frozen yogurt consistency. Follow these steps to complete the freezing process:Transfer the creamy yogurt mixture back into the freezer-safe container.Smooth the surface of the yogurt with a spatula or the back of a spoon for an even appearance.Recover the container with the lid or aluminum foil to prevent freezer burn.Place the container back in the freezer and allow it to freeze for another 2 hours. By now, your Greek frozen yogurt should be completely frozen and ready to enjoy. But before diving in, let's learn about the final step: serving and enjoying your homemade creation! Step 5: Serving and EnjoyingCongratulations! You have successfully made Greek frozen yogurt without an ice cream maker. Now, it's time to savor the fruits of your labor. Follow these steps to serve and enjoy your homemade frozen treat:Remove the container of frozen yogurt from the freezer.Let it sit at room temperature for a few minutes to soften slightly, making it easier to scoop.Using an ice cream scoop or a spoon, portion the Greek frozen yogurt into bowls or cones.Now, it's time to get creative with toppings! Sprinkle your favorite fruits, such as fresh berries or sliced peaches, over the yogurt. Alternatively, you can add a drizzle of honey, a sprinkle of chocolate chips, or a handful of nuts for added texture and flavor.Serve immediately and enjoy the luscious and creamy goodness of your homemade Greek frozen yogurt!As the Greek frozen yogurt starts to melt, it will become even creamier and more delightful. Take your time and relish every spoonful.Remember, homemade Greek frozen yogurt is best enjoyed fresh, but if you have any leftovers, you can store them in an airtight container in the freezer for up to two weeks. When you're ready to indulge again, simply let it sit at room temperature for a few minutes to soften before serving.Now that you've mastered the art of making Greek frozen yogurt without an ice cream maker, feel free to experiment with different flavors and toppings. Get creative in the kitchen and make something healthy and delicious. While there are many store-bought options, making your own allows you to resist the temptations of high-sugar, high-fat, or low-fat depending on your preference. Adjust according to your desired level of sweetness! teaspoon of vanilla extract Enhances the overall flavor! cup of frozen fruits Choose your favorite fruits like berries, mangoes, or peachesOptional toppings Fresh fruits, chocolate chips, nuts, or honey to garnishThese ingredients can be easily found at your local grocery store or supermarket. Feel free to experiment with different fruit combinations to create your own unique flavors.Now that you have all the necessary ingredients, it's time to dive into the step-by-step process of making Greek frozen yogurt without an ice cream maker. Get ready to embark on a scrumptious and refreshing taste adventure! Step 1: Preparing the Yogurt MixtureThe first step in making Greek frozen yogurt without an ice cream maker is to prepare the yogurt mixture. This involves combining the Greek yogurt, sugar, and vanilla extract to achieve a creamy and sweet base. Here's how you do it:In a mixing bowl, add 2 cups of Greek yogurt.Sprinkle in 1/2 cup of granulated sugar. Adjust the amount according to your desired level of sweetness.Add 1 teaspoon of vanilla extract to enhance the flavor of the yogurt.Using a whisk or a spoon, vigorously stir the mixture until the sugar is fully dissolved and the ingredients are well combined.Ensure that the yogurt is smooth and there are no lumps remaining. You can taste the mixture at this stage to see if you prefer it sweeter or if you'd like to add more vanilla extract. The beauty of homemade Greek frozen yogurt is the ability to customize it to your taste.Once the yogurt mixture is well-prepared, it's time to move on to the next step: freezing the yogurt without an ice cream maker. Get ready for the anticipation of a cool and creamy Greek frozen yogurt treat! Step 2: Freezing the Yogurt Without an Ice Cream MakerNow that you have your yogurt mixture ready, it's time to turn it into a frozen delight without the help of an ice cream maker. Don't worry; it's easier than you might think. Here's how you freeze the yogurt mixture:Line a shallow container with plastic wrap or parchment paper. This will prevent the yogurt from sticking to the sides and bottom of the container. Smooth the surface of the yogurt with a spatula or the back of a spoon for an even appearance.Recover the container with the lid or aluminum foil to prevent freezer burn.Place the container in the freezer and allow it to freeze for about 2 hours. During this time, you can prepare your toppings and mix-ins. When the yogurt is partially frozen, it will be easier to handle. However, it won't have the same texture as ice cream just yet. That's where the next step comes in mixing and breaking the ice crystals.Be patient and resist the urge to check on the yogurt too frequently. Opening the freezer frequently can cause the yogurt to thaw and refreeze unevenly, resulting in icy chunks.When the yogurt has been in the freezer for around 2 hours, it's time to move on to the next step. Get ready to transform the semi-frozen yogurt into a creamy and smooth frozen dessert! Step 3: Mixing and Breaking the Ice CrystalsNow that your yogurt has been in the freezer for about 2 hours, it's time to give it a little TLC to break up any ice crystals and create a creamy texture. Here's how you mix and

thickeners.TangyFlavorProfile:Yogurts natural tanginess adds depth and flavor to the frozen yogurt, balancing out the sweetness from honey and otheringredients.Honeyalso plays a role in enhancing the texture of frozen yogurt, contributing to a smooth, creamy consistency. Antimicrobial Properties: Honey possesses natural antimicrobial properties, which can help prolong the shelf life of frozen yogurt and provide potential health benefits.Function Together:BalancedFlavor:Together, plain yogurt and honey create a balanced flavor profile in the frozen yogurt, combining creamy, tangy, and sweet elements harmoniously.Simplicity:Their combination forms a simple yet effective base that allows for easy customization with additional flavor or mix-ins, making it versatile for various frozen yogurt recipes.How to Make Homemade Frozen YogurtAdd your favorite fruit and the rest of the ingredients together with the 2-ingredient Frozen Yogurt base into a food processor, blend until smooth and freeze! This is an absolutely easy dessert that could not be simpler.Plus, you won't end up with icy, hard frozen yogurt even if it does not need to churn. Our recipes are triple-tested so we made sure the results are smooth, scoopable, and delicious.Gemmas Pro Chef TipsUse good quality frozen fruit because they'll give you a creamy texture once blended.Homemade Frozen Yogurt can be made with any yogurt you prefer. We use full-fat Greek yogurt as it is higher in protein but feel free to use regular. Some of you might wonder if you can freeze Greek yogurt, and the answer is yes! Greek yogurt will freeze just fine.We also recommend plain yogurt with no added flavors.Do note that the honey in this recipe is not just for sweetness; it's what makes your frozen yogurt scoopable. Sugar in a liquid form is what stops ice crystals from forming and keeps the yogurt soft.For Dairy-Free or Vegan Homemade Frozen Yogurt recipes, swap out the honey for agave or pure maple syrup and use a dairy-free yogurt like coconut yogurt.Freeze the Frozen Yogurt in an airtight freezable container for a minimum of 6 hours but preferably overnight.Store in the freezer for up to 2 weeks.Frozen Yogurt Flavor VariationsWith a simple base, you can create a multitude of great flavors. My fruit recipes are vibrant refreshments while my chocolate banana and cake batter recipes are sweet and comforting. Get my free, downloadable frozen yogurt labels and scroll down to find our five homemade frozen yogurt recipes! Weight Watchers Points, Smart Points, and Nutritional Information are included on each frozen yogurt recipe.Strawberry Frozen Yogurt (No Machine)A simple, sweet strawberry frozen yogurt is the perfect treat to satisfy your sweet tooth with refreshing berries. Make a blueberry or raspberry version if you wish.Strawberry Frozen Yogurt recipe here.Pineapple & Coconut Frozen Yogurt (No Machine)Pineapple and coconut go together like peanut butter and jelly (ooh, that would be good too!). Check out the tropical delight! Pineapple & Coconut Frozen Yogurt recipe here.Chocolate & Banana Frozen Yogurt (No Machine)This Chocolate & Banana Frozen Yogurt is so decadent and rich, it reminds us of frozen chocolate pudding or mousse. Sprinkle some mini chocolate chips and enjoy the Chocolate & Banana Frozen Yogurt recipe.Mango & Lime Frozen Yogurt (No Machine)Mango and lime are the perfect partners. Together they're sweet, citrusy and incredibly creamy. Peaches will be a great addition to this combo.Mango & Lime Frozen Yogurt recipe.Cake Batter Frozen Yogurt (No Machine)Cake batter frozen yogurt is a real treat! Both tangy and creamy, it's one of our and many kids' favorite flavors.Cake Batter Frozen Yogurt recipe.FAQsWhy is my frozen yogurt too icy?Insufficient Fat Content: Frozen yogurt with low fat content can become icy. Try using a yogurt with higher fat content or add some cream.Over-mixing: If you churn it for too long, the mixture can become icy. Follow the recommended churning time.Freezing Process: Make sure your freezer is at the right temperature (0°F/-18°C) and avoid frequent opening of the freezer door.Why is my frozen yogurt separating?Inadequate Mixing: Ensure the yogurt mixture is well blended before freezing. Use a blender or food processor to achieve a smooth consistency.Inconsistent Temperature: Make sure the mixture is consistently cold during setting time in the freezer.Why is my frozen yogurt not creamy?Lack of Fat: Fat contributes to creaminess. If your yogurt is too low in fat, consider adding some cream or whole milk.Lack of Liquid Sugar: Follow the manufacturer's instructions for your ice cream maker. Under-churning can result in a less creamy texture.MAKE MORE FROZEN DESSERTS!Get 100+ Ice Cream Recipes at myGemmasFreezerSectionIce Cream Destinationpage!IMPORTANT NOTE:This recipe was improved and updated on 6/27/2024, to include explanations and substitutes of key ingredients, clearer instructions, answers to the most frequently asked questions, and Pro Chef Tips. Dessert Fruit Chocolate Less than 30 Minutes Food Processor Author: Gemma Stafford Servings: 1 pint Frozen Yogurt Base cup (2 oz/57 g) full fat plain yogurt2 tablespoons honey (or agave nectar)Flavor Variations 2 cups (10 oz/284 g) frozen fruit of your choice 1 tablespoon lemon juice Add the yogurt, honey, frozen fruit and lemon juice into a food processor (or liquidizer) and process until creamy, about 2-3 minutes. Scrape down the side of the bowl to make sure there are no lumps left! Transfer the frozen yogurt to an airtight freezable container and freeze for a minimum of 6 hours but preferably overnight. Store it in the freezer for up to 1 month. Jump to Recipe Print Recipe This healthy frozen yogurt is one of the easiest and healthiest ways to cool down on a hot summer day. Best of all you only need 4 ingredients to make it and no ice cream machine required! Why I love making this healthy frozen yogurt: I'm constantly looking for tasty and refreshing chilled treats that are also healthy and beneficial for my body. This healthy frozen yogurt ticks all the right boxes for me. It's easy, quick and calls for only a few ingredients (4 to be precise, 3 if we're discounting salt!) Yogurt is a great ingredient to incorporate into a snack. It's a source of probiotics/live cultures, which are beneficial bacteria that can help with digestion and support a healthy gut. If you choose a fat-free variety, yogurt is also a great low-calorie option if you're watching your weight. It's a good source of calcium and protein, important nutrients for bone health and muscle maintenance. That's why I had to make a frozen yogurt recipe this summer as a healthier alternative to ice cream for those of you looking for a lighter treat. Fruit is also a great snack, despite the fact that recently it's been getting some bad press and people online demonizing it due to its sugar content. Yes, fruit is high in natural sugars and carbohydrates, but that does not automatically make it a bad food to consume. Berries are particularly good for you; they contain less sugar, but also in general are packed with so many more antioxidants. Cherries specifically are a great source of anthocyanins and quercetin, which help combat oxidative stress and reduce inflammation in the body. Cherries, like many fruits, are also a good source of vitamins and minerals, including vitamin C, potassium, fiber, and vitamin A. Why you need to try this healthy frozen yogurt: Easy to make: you don't need an ice cream maker, only a blender or food processor. You can also try using a hand-held blender, but it may take longer to reach a smooth consistency. Requires few ingredients: I only used 4 basic ingredients to make it: Greek yogurt, frozen cherries, maple syrup, and a pinch of salt. You can use any frozen berries like blueberries, strawberries or raspberries. Other frozen fruit will also work like nectarines or peaches. Instant frozen yogurt: you can serve your healthy frozen yogurt immediately for a soft-serve option. Although I prefer freezing mine again and scooping it out for a firmer texture/more of a bite. Healthy: The main two ingredients I'm using are fat-free Greek yogurt and cherries. Fat-free Greek yogurt is a great source of protein and is low in saturated fats, making it a great alternative to ice cream. Cherries are packed with antioxidants, which can help reduce inflammation and protect against cell damage. They're also a natural source of sweetener, meaning you don't have to add much extra sweetener to make your healthy frozen yogurt taste good! High in protein: Using Greek yogurt means this healthy frozen yogurt is packed with 9g protein per serving. Not bad for a tasty dessert. The protein content will help keep your blood sugar levels stabilized and keep you satisfied for longer. How to make this healthy frozen yogurt: Add all the ingredients to a food processor/blender and blend until smooth. You can serve it straight away as a soft-serve frozen yogurt. Alternatively, transfer the mixture into a cake tin/large container and freeze for around 2 hours. Scoop out into serving glasses and enjoy! How to store your healthy frozen yogurt: This healthy frozen yogurt is best served immediately. If you have any leftovers, store it in an airtight container in the freezer and take out 10 minutes before serving. I'll keep for up to 3 months in the freezer. This healthy frozen yogurt is: Easy to make: Made without an ice cream maker. Made with only 4 ingredients. Made with yogurt ingredients like yogurt and cherries. A good source of protein. Lower in added sugar compared to other frozen treats. Packed with probiotics. So tasty and refreshing! This healthy frozen yogurt is one of the easiest and healthiest ways to cool down on a hot summer day. Best of all you only need 4 ingredients to make it and no ice cream machine required! 240g fat-free Greek yoghurt250g frozen cherries2 tbsp maple syrupPinch of saltAdd all the ingredients to a food processor/blender and blend until smooth. You can serve it straight away as a soft-serve frozen yogurt. Alternatively, transfer the mixture into a cake tin/large container and freeze for around 2 hours. Scoop out into serving glasses and enjoy! Calories: 181kcalCarbohydrates: 36gProtein: 9gFat: 1gSodium: 51mgPotassium: 46mgFiber: 1gSugar: 28gVitamin A: 70IUCalcium: 163mgIron: 0.02mg Keyword cherries, greek yoghurt, healthy dessert, healthy snack, ice cream, protein dessert, yogurt Tried this recipe? Let us know how it was! If you liked this healthy frozen yogurt recipe, you may also like: This homemade frozen yogurt is easy to make and delicious. You can serve it at a soft-serve consistency or freeze it until it can be scooped out. This homemade frozen yogurt is made without an ice cream maker. Simply mix the ingredients, place the mixture in a shallow pan, and freeze. Although you'll need to stir the mixture a few times while freezing it, this is an easy recipe, and the yogurt comes out creamy and delicious, with a deep vanilla flavor. See the recipe card for exact measurements. Here are my comments on the ingredients. Greek yogurt: I use plain whole-milk yogurt. While regular yogurt is delicious, you should definitely use Greek yogurt in this recipe. Plain, full-fat skyr will also work. Sweetener: I like to use honey because I love its flavor. You can use a granulated sweetener if you prefer - sugar or a sugar-free alternative. Vanilla extract: Use high-quality pure vanilla for the best results. Making frozen yogurt without an ice cream maker is easy, although it's a bit time-consuming. The detailed instructions and step-by-step photos are included in the recipe card. Here's a quick overview. Combine the ingredients. You can use a food processor or simply place the ingredients in a bowl and use a hand whisk. You'll need to whisk for about three minutes to get the mixture to be fluffy. Transfer the mixture to a 9-inch square baking dish, spreading it out evenly. Cover with plastic wrap and freeze for 45 minutes. Remove the pan from the freezer. Use a rubber spatula to give the mixture a good stir. You especially want to stir the already-frozen edges into the still-soft center. Flatten back, cover, and continue freezing for 2 more hours, stirring every 30 minutes. The yogurt should now have a soft-serve consistency. You can go ahead and enjoy it. At this point, I usually transfer it to a smaller container (this makes scooping easier), cover it, and freeze it for one more hour to achieve a scoopable consistency. This is a great recipe that I can modify with frozen strawberries or other ingredients. Because I have to watch my glucose levels, I added a cup of monkfruit sweetener, though honey sounds very good. KristinRead more comments Unlike commercial brands, this recipe contains no thickeners and is lower in sugar than many brands. So don't expect the "perfect" texture and intense sweetness you get when you add thickeners, stabilizers, emulsifiers, and lots of sugar. But this homemade version is wonderful! You can taste the yogurt's tang and the honey's sweetness. It's simple, delicious, and fresh. This homemade yogurt is made without texture-enhancing additives, so nonfat yogurt won't work. You really want the fat from whole-milk Greek yogurt to give it a smooth, creamy texture. Nonfat yogurt will be icy, and it also won't be as flavorful. Storage: You can freeze the leftovers in a sealed container for up to a month. However, the longer they stay in the freezer, the less creamy and icier they will become. If the yogurt has been in your freezer for over a day, remove it to the counter about 30 minutes before enjoying it. I'm often asked if one can simply mix the ingredients and freeze them without stirring every 30 minutes. The answer is no. To achieve the creamy consistency shown in the photo below without an ice cream maker, you need to stir the yogurt often during the freezing process to prevent large ice crystals from forming. This is not difficult to do on a day when you're home anyway. And to me, the extra space I have in my kitchen by not owning an ice cream maker is worth it. Save this Recipe! Save! Rate this Recipe Print Recipe This homemade frozen yogurt is flavored with honey and vanilla and made without an ice cream maker. It's creamy, delicious, and easy to make. Place the yogurt, honey, and vanilla in your food processor's bowl or in a medium mixing bowl. Process the ingredients to incorporate, stopping once to scrape the sides of the bowl, then process for 1 more minute until light and fluffy. If mixing by hand, mix for 2-3 minutes until smooth and fluffy. Using a spatula, transfer the mixture to a square 9-inch glass or ceramic baking dish. Cover with cling wrap and freeze for 45 minutes. Remove the pan from the freezer. Use a rubber spatula to stir the already-frozen edges into the still-soft center, then spread evenly again. Cover again, and place in the freezer for 2 more hours, repeating the process of stirring the yogurt every 30 minutes. When the entire mixture is frozen, serve immediately as a soft-serve yogurt (use chilled bowls), or freeze it for 1-2 more hours for a firmer consistency that you can scoop out with an ice cream scoop. To keep this yogurt low-carb, you can use a sugar-free sweetener. While regular yogurt is delicious, you should definitely use Greek yogurt in this recipe. Use high-quality pure vanilla extract for the best results. You can keep this yogurt in a sealed container in the freezer for up to a month. But the longer it stays in the freezer, the less creamy and icier it will become. If it's spent longer than a day in your freezer, remove it from the freezer about 30 minutes before enjoying it. Serving: 0.5 cup | Calories: 178 kcal | Carbohydrates: 21 g | Protein: 10 g | Fat: 6 g | Saturated Fat: 4 g | Sodium: 41 mg | Sugar: 21 g We'll email this recipe to you, so you can come back to it later! We will also add you to our weekly newsletter. Unsubscribe anytime. See healthyrecipesblogs.com/privacy/ to learn how we use your email. Most recipes are low-carb and gluten-free, but some are not. Recommended and linked products are not guaranteed to be gluten-free. Nutrition info is approximate. Please verify it independently. The carb count excludes non-nutritive sweeteners. Please read these Terms of Use before using any of my recipes. Cottage Cheese Chocolate Mousse We are independent & ad-supported. We may earn a commission for purchases made through our links. Advertiser Disclosure Our website is an independent, advertising-supported platform. We provide our content free of charge to our readers, and to keep it that way, we rely on revenue generated through advertisements and affiliate partnerships. This means that when you click on certain links on our site and make a purchase, we may earn a commission. Learn more. How We Make Money We sustain our operations through affiliate commissions and advertising. If you click on an affiliate link and make a purchase, we may receive a commission from the merchant at no additional cost to you. We also display advertisements on our website, which help generate revenue to support our work and keep our content free for readers. Our editorial team operates independently of our advertising and affiliate partnerships to ensure that our content remains unbiased and focused on providing you with the best information and recommendations based on thorough research and honest evaluations. To remain transparent, we've provided a list of our current affiliate partners here. DelightedCooking, in your inbox Our latest articles, guides, and more, delivered daily. By Margaret Lipman Updated May21,2024 By Tricia Christensen Updated Jul23,2024 By Ray Hawk Updated Jun04,2024 Explore fresh perspectives Popular picks When choosing a flan pan, consider whether the pan has a nonstick surface or not, the material that the pan is made out of, and... A non-reactive bowl is a bowl made of a substance that won't react chemically with foods placed in it. Non-reactive bowls are made... DelightedCooking, in your inbox Our latest articles, guides, and more, delivered daily. Copyright 2003 - 2025 Conjecture Corporation Privacy Policy Terms and Conditions DelightedCooking, in your inbox When it comes to a giant waffle cone piled high with frosty, sweet scoops of frozen yogurt, I never think twice. I don't care if it's 9am or 9pm, I'm going for it! This super-easy 3-ingredient Frozen Yogurt is my favorite summertime magic trick! With just a little time spent blending the ingredients, thanks to a hand mixer (no ice cream maker necessary!), this vanilla froyo is light, sweet, and oh-so-creamy. I'm big on texture, especially when it comes to frozen treats, and this frozen yogurt does not disappoint. Not to mention, it costs pennies to make at home compared to going to the scoop shop! Pin this recipe for later! All recipes are rigorously tested in our Nashville Test Kitchen to ensure they are easy, affordable, and delicious. I've played around with a bunch of combos, but this trio of ingredients always hits the sweet spot when I'm making homemade frozen yogurt. The hardest part of homemade froyo is getting the perfect creamy texture. Too much water in the mix means too many ice crystals. Full-fat Greek yogurt is my go-to because its thick, tangy, and strained, so it doesn't have much extra water hanging around. Then the sweetened condensed milk pulls double duty by keeping things sweet and smooth. Its got just enough sugar and creaminess to help reduce the formation of those pesky ice crystals that can make homemade froyo a little too crunchy. And the vanilla? It brings in a familiar flavor and makes the whole thing taste like the real deal. It's a seriously budget-friendly treat, and your family can customize theirs however they like. I love throwing together a little topping bar based on whatever candy or chocolate chips we have on hand in the house! Cool off with this quick and easy 3-ingredient Frozen Yogurt recipe. Simple ingredients, NO ice cream maker, and tons of topping ideas! Step-by-step photos can be seen below the recipe card. Save Recipe Print Recipe Read the reviews 1 14 oz. can sweetened condensed milk (\$1.59)1 quart full fat Greek yogurt (\$4.12)1 tsp vanilla extract (\$0.50) Combine all the ingredients in a large mixing bowl and mix on high speed with a hand mixer until completely combined, smooth, and fluffy, about 5-8 minutes. Cover the bowl with plastic wrap and transfer to the freezer for 8 hours. Make sure your bowl is freezer-safe! See how we calculate recipe costs here. Mixing bowl (freezer-safe) Serving: 1ServingCalories: 78kcalCarbohydrates: 10gProtein: 5gFat: 2gSodium: 35mg Read our full nutrition disclaimer here. Mention @budgetbytes or tag #budgetbytes on Instagram! Gather all of your ingredients. Mix the ingredients: Add one 14 oz. can sweetened condensed milk, 1 quart full fat Greek yogurt, and 1 tsp vanilla extract to a large mixing bowl. Using a hand mixer, mix on high speed for about 5-8 minutes until everything is fully combined, smooth, and fluffy. Freeze: Now cover the bowl with plastic wrap and place it in the freezer for 8 hours until frozen. Make sure your bowl is freezer-safe! If it's not, you can transfer it into another freezer-safe container before freezing. Scoop and enjoy! Stick with full-fat Greek yogurt and sweetened condensed milk. I've tried low-fat versions and regular yogurt, and they just don't cut it. Too much water leads to an icy texture, and low-fat condensed milk (or evaporated milk) won't give you the sweetness or creaminess this recipe needs. Use shallow containers to freeze it faster. If you want to speed things up (and who doesn't when there's frozen yogurt on the line?), divide the mix into one or two shallow containers. The thinner the layer, the quicker it freezes, and the less time you'll spend peeking into the freezer. If you've got an ice cream machine, go for it. While this recipe works great without one, you can use an ice cream machine to make it. Just follow the manufacturer's instructions and churn away. Cover the surface to help prevent ice crystals. I use plastic wrap, but pressing a piece of parchment paper against the surface of the froyo mix will also work. Once this Greek yogurt ice cream is frozen, its ready to serve! I like a classic waffle cone, but a bowl works great too especially when you're loading it up with toppings. Here are some delicious variations and serving ideas: Top with chocolate chips, crushed candies, sprinkles, or chopped nuts (whatever you've got in the pantry!) Switch out the vanilla extract for a different flavor, like almond or lemon Drizzle with a fruity blueberry sauce or some strawberry freezer jam Stir in chocolate chunks or chips, mini marshmallows, or fresh fruit such as blueberries, diced strawberries, or chopped peaches before freezing For a rich, sweet, and salty combo, drizzle with salted caramel sauce Want to make a fruit-flavored froyo? Toss the yogurt, condensed milk, and fresh or frozen fruit into a blender and blend until smooth before freezing Scoop some vanilla frozen yogurt between two chocolate chip cookies for a quick and easy dessert sandwich Try topping your serving with balsamic glaze for a surprisingly delicious treat that's totally worth trying! This vanilla frozen yogurt can be stored in the freezer for up to 1-2 months. Make sure it's covered and in a freezer-safe container. Let it sit out at room temperature for 10-15 minutes before scooping, so it can soften up a bit if it's too firm to scoop. Posted in: Comfort Food Recipes, Dessert Recipes, Egg Free Recipes, Gluten free Recipes, No-Cook Recipes, Recipes under \$10, Soy Free Recipes, Summer Recipes, Under \$1 per serving, Vegetarian RecipesJess RiceJess Rice finds joy and purpose in instructing aspiring chefs and home cooks alike. Chef Jess was recently working as a Chef Professor at Niagara College in Canadian wine country, teaching international students from all over the world food theory and classic culinary techniques before moving back to Nashville. Her diverse experience also includes working (literally) every position in a restaurant to traveling all over the world as a private chef to celebrities and rock n roll legends. As a successful restaurateur, she helped shape the local food scene in Nashville with the debut of her restaurant AVO and its innovative and flavorful offerings. Jess' passion for culinary excellence is evident in her diverse roles within the dynamic world of food. Shes excited to share her love for food with our readers at BudgetBytes!More About Jess

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