

Frozen Raspberry Yogurt with Pistachios

This instant frozen yogurt is so quick and easy to prepare. Made with real fruit and sweetened with honey, it's a healthy dessert and snack alternative that's good for you too.

This Recipe Uses: JAWZ High Performance Blender

PREP TIME 10 mins

COOK TIME 0 mins

TOTAL TIME 10 mins

Makes: 4 cups

INGREDIENTS

2 bananas, frozen
2 cups frozen raspberries
1 cup plain Greek yogurt
1/4 cup honey
2 tsp lemon juice
1 tsp vanilla extract
1/3 cup unsalted shelled pistachios

METHODOLOGY

1. In JAWZ High Performance Blender, combine bananas, raspberries, yogurt, honey, lemon juice and vanilla. Start blending at Speed 1 and slowly increase speed to 3; blend until smooth. Add pistachios; pulse until combined.
2. Serve immediately or freeze for up to 2 days.

Tip: Substitute strawberries or blueberries for raspberries.