



BLUEBERRY FROZEN YOGURT

Easy, healthy and delicious!

 5 minutes

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 4 portions

INGREDIENTS

- 2 cups of unfrozen frozen blueberries, unsweetened (310 g)
- 180 grams of 0% fat Greek yoghurt
- 2 teaspoons of lemon juice
- 1 tbsp, whole of seeds, flaxseed (10 g)
- 1 medium unit of bananas, Frozen (118 g)

COOKING METHOD

- 1º Place all the ingredients in a food processor or blender and mix until smooth.
- 2º Serve immediately with your favourite toppings.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (157 g)	% DRI
ENERGY	68 kcal	106 kcal	5 %
FAT	1 g	2 g	3 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 g	1 %
CHOLESTEROL	1 mg	2 mg	1 %
SODIUM	12 mg	18 mg	1 %
CARBOHYDRATE	12 g	19 g	6 %
SUGARS	7 g	12 g	—
FIBER	2 g	4 g	14 %
PROTEIN	4 g	6 g	—