

Good For You Ice Cream

Serves 8

Ingredients

- 1 10 ounce package frozen fruit-no sugar added
- 2 8 ounce containers of non-fat yogurt
- 2 packs of no calorie sweetener

Preparation

Place all ingredients into food processor until smooth.

Refreeze leftovers for later!



Recipe submitted by: Gretchen Christophel
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