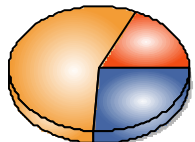




Lemon-Mint Frozen Yogurt w/ Roasted Figs and Honey

Recipe grams: 705.77g/24.9oz

Serves 2 352.89g/12.4oz per serving



Protein: 13%
Carbohydrates: 78%
Fat: 9%

INGREDIENTS

1 cup Yogurt Cheese
4 oz MILK, SWEETENED CONDENSED, SKIM, GALLOWAY
1 tbsp VANILLA EXTRACT, IMITATION
4 fl oz LEMON JUICE, RAW
2 tsp SPEARMINT LEAF, DRIED
8 medium FIG, RAW
2 tbsp HONEY
2 tbsp FILBERT, DRIED, RAW (HAZELNUT)

DIRECTIONS

Combine Yogurt Cheese, Vanilla, Lemon Juice, Mint and Milk with a whisk. Begin Freezing in Ice Cream Machine.

For figs, Preheat broiler. Cut figs in halves and broil gently until lightly browned.

Remove from broiler, and place in a ring around frozen yogurt. Drizzle with honey

Nutrition Facts

Serving Size: 1 serving (352.9g)

Servings: 1

Amount Per Serving

Calories 490 Calories from Fat 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 0g **2%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 150mg **6%**

Total Carbohydrate 100g **35%**

Dietary Fiber 7g **30%**

Sugars 52g

Protein 17g

Vitamin A 8%

Vitamin C 50%

Calcium 50%

Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet.