

# Creamy Frozen Yogurt Treat

Makes 6 servings | A diabetic-friendly recipe

## Ingredients:

- 3 cups plain Greek yogurt
- 1/2 cup powdered sugar substitute
- 1 teaspoon vanilla extract
- 1 cup frozen berries



## Directions

1. In a bowl, mix yogurt, sugar substitute, and vanilla until smooth.
2. Stir in frozen berries.
3. Spread mixture into a freezer-safe container.
4. Cover and freeze 60–90 minutes, stirring once halfway through for a creamier texture. Scoop and serve.

## Fun Food Fact

Frozen yogurt became popular in the 1980s as a lighter alternative to ice cream. At first, it was so tangy that many customers were surprised by the taste, so companies gradually made it sweeter and creamier to win people over.