



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Homemade Frozen Yogurt

Frozen yogurts are an easy treat for a warm day that can be made in as little as 5 minutes with less than 5 ingredients! Even if the fruits below are not your favorite, you can substitute with your favorite seasonal fruit to create a tasty treat at home.

Peach Frozen Yogurt Ingredients:

4 cups of fresh peaches-frozen overnight or 1 bag of frozen peaches (16 oz bag)
½ cup of plain or vanilla yogurt
1 tablespoon of lemon juice
3 tablespoons of honey

Banana Frozen Yogurt Ingredients

4 ripe bananas, sliced and frozen
¾ cup of plain or vanilla yogurt
3 tablespoons of honey
Milk or water to taste

Directions:

1. Add frozen fruit, yogurt, lemon juice (if applicable), and honey into a blender or food processor.
2. Blend until mixture is creamy. If mixture is too solid, add a tablespoon of water or your milk of choice until consistency is creamy.
3. Portion out into a bowl and enjoy immediately!
4. Add leftovers to airtight container and store the in freezer for future use.