

Prickly Pear and Strawberry Frozen Yogurt

INGREDIENTS

- 1 prickly pear fruit
- 2 medium bananas, frozen
- ½ cup frozen strawberries
- ¼ cup low-fat vanilla Greek yogurt
- 1 medium lime, juiced

Optional Toppings:

- Kiwi
- Granola
- Blueberries

SERVING SIZE: 1/2 CUP

TIME: 10 MINUTES



ADAPTED FROM:
ALLRECIPES.COM



This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP.

This institution is an equal opportunity provider.

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PROCEDURE

1. Peel the prickly pears and roughly chop them into small pieces. Handle carefully to ensure all barbs are removed.
2. Blend the prickly pear until smooth. If desired, push the puree through a fine sieve to remove the seeds.
3. In a blender, add prickly pear and blend until smooth
4. Add bananas, strawberries, Greek yogurt, and lime juice in the blender, and blend until smooth
5. Place in bowl and add any additional toppings on top of yogurt

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