



RASPBERRY & BASIL FROZEN YOGURT

Ingredients:

- 350G GREEK YOGURT
- 300G RASPBERRIES
- 100G HONEY
- FRESH BASIL LEAFS
- PINCH OF SALT

(you can make different flavours by using a variety of fruits!)

Method

- MAKE A PURÉE BY BLENDING YOUR RASPBERRIES, HONEY & PINCH OF SALT TOGETHER UNTIL A LIQUID FORMATION.
- IN A LARGE BOWL, MIX TOGETHER YOUR PURÉE & GREEK YOGURT UNTIL WELL COMBINED.
- FINELY CHOP 3-4 FRESH LEAFS OF BASIL & ADD THEM TO YOUR MIXTURE, GENTLY STIRRING UNTIL WELL COMBINED.
- PLACE IN A FREEZER-PROOF CONTAINER & FREEZE FOR AT LEAST 2-HOURS.

RASPBERRY & BASIL FROZEN YOGURT

Nutritional Information

GREEK YOGURT - YOGURT HAS A MUCH HIGHER AMOUNT OF PROTEIN THAN MILK. YOUR BODY USES PROTEIN TO BUILD BONES, MUSCLES, CARTILAGE, SKIN, & HAIR. IT IS PACKED WITH PROBIOTICS. PROBIOTICS ARE HEALTHY BACTERIA THAT CAN HELP BOOST YOUR IMMUNE SYSTEM AND DECREASE STOMACH ISSUES, SUCH AS DIARRHEA AND PAIN. HIGH IN CALCIUM. CALCIUM IS KEY TO BUILDING STRONG MUSCLES AND HELPING YOUR VITAL ORGANS FUNCTION. YOUR BODY ALSO DOESN'T PRODUCE CALCIUM ON ITS OWN SO THIS IS A GREAT SOURCE. B-12. YOUR BODY NEEDS VITAMIN B-12 FOR RED BLOOD CELLS TO FORM, BRAIN FUNCTIONS, AND DNA SYNTHESIS. POTASSIUM. POTASSIUM HELPS LOWER BLOOD PRESSURE AND BALANCE OUT THE SODIUM LEVELS IN YOUR BODY.

RASPBERRIES - RASPBERRIES ARE LOW IN CALORIES BUT HIGH IN FIBRE, VITAMINS, MINERALS AND ANTIOXIDANTS. THEY MAY PROTECT AGAINST DIABETES, CANCER, OBESITY, ARTHRITIS AND OTHER CONDITIONS AND MAY EVEN PROVIDE ANTI-AGING EFFECTS.

HONEY - HONEY IS RICH IN ANTIOXIDANTS, GREAT ALTERNATIVE TO SUGAR FOR DIABETICS, THE ANTIOXIDANTS IN IT CAN HELP LOWER BLOOD PRESSURE, HELPS IMPROVE CHOLESTEROL, CAN LOWER TRIGLYCERIDES, PROVEN AS A HOME REMEDY FOR COLDS AND FLU, SUPPORTS HEART HEALTH.

FRESH BASIL - BASIL IS AN EXCELLENT SOURCE OF VITAMIN K, MANGANESE, IRON, VITAMIN A, AND VITAMIN C. IT'S ALSO A GOOD SOURCE OF CALCIUM, MAGNESIUM, AND OMEGA-3 FATTY ACIDS. BASIL ISN'T SIMPLY FOR INTERNAL USE. WHEN BASIL'S OILS ARE EXTRACTED TO MAKE AN ESSENTIAL OIL, IT IS USED FOR TREATING CUTS, WOUNDS, AND SKIN INFECTIONS.