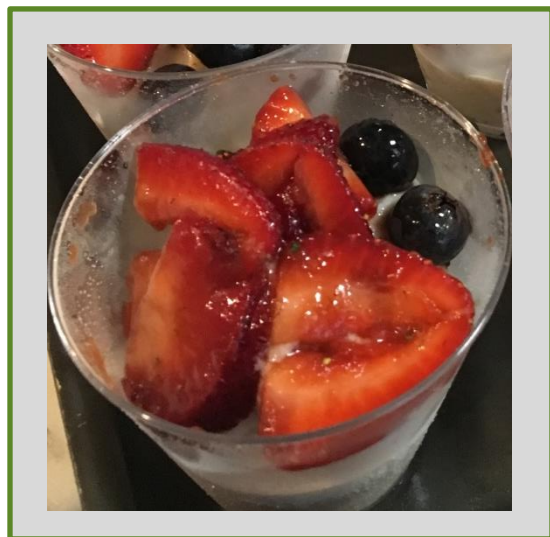


Makes: 6 servings (1 serving = 1/2 cup ice cream + 1/3 cup topping)



Ingredients:

Ice Cream--

- ♥ 1/4 cup plain Greek yogurt
- ♥ 4 ripe bananas
- ♥ 1/8 cup blueberries

Topping--

- ♥ 2 cups fresh strawberries
- ♥ 2 Tbsp. balsamic vinegar
- ♥ 1 Tbsp. grated lemon zest
- ♥ 6 sprigs mint

PREPARATION:

1. Combine the Greek yogurt, frozen bananas and blueberries in a blender. Blend till smooth, if desired texture eat immediately or place in freezer.
2. Mix strawberries, vinegar and lemon zest. Refrigerate for at least 1/2 hour.
3. Scoop frozen yogurt into a bowl, top with the strawberry balsamic mixture.
4. Garnish with a sprig of mint.

Nutrition Facts	
Serving Size: 1/2 c yogurt w/ 1/3 c topping	
Servings: 6	
Amount Per Serving	
Calories 110	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 27g	9%
Dietary Fiber 4g	15%
Sugars 16g	
Protein 2g	
Vitamin A 2%	Vitamin C 70%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

