

Zero-Point Strawberry Ice Cream That Feels Like a Guilt-Free Summer Treat

1 1/2 cups nonfat Greek yogurt



TIME
5 to 10 min

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INGREDIENTS

4 cups frozen strawberries
1 1/2 cups nonfat Greek yogurt
1 teaspoon vanilla extract
1 to 2 tablespoons sugar-free sweetener, optional and to taste
Splash of milk or water, only if needed for blending

DIRECTIONS

1. Add the frozen strawberries, Greek yogurt, vanilla extract, and optional sweetener to a food processor or high-powered blender.
2. Blend until the mixture starts to break down. Stop and scrape down the sides as needed.
3. If the mixture is too thick to blend smoothly, add a tiny splash of milk or water, just enough to help it move.
4. Continue blending until smooth, thick, and creamy.
5. Serve immediately for a soft-serve texture, or transfer to a freezer-safe container and freeze for 1 to 2 hours for a firmer scoop.

SWAPS & NOTES

Frozen strawberries are ideal because they help create that thick, ice-cream-like texture right away.

If you only have fresh strawberries, freeze them first for the best result.

Plain nonfat Greek yogurt gives the dessert its creamy body while keeping things light.

Vanilla Greek yogurt can also work if you want a slightly sweeter finish, though that may change the nutrition profile.

TIPS FOR SUCCESS

Do not add too much liquid at the start.

A small splash goes a long way, and too much can turn the mixture from ice cream into a smoothie very quickly.

A food processor often works better than a blender for this kind of recipe because it can handle the thick frozen fruit more easily.

If you use a blender, pause often and scrape down the sides to keep everything moving.

