



Greek Yogurt Berry Swirl

Servings: 2 | **Calories:** 120

Ingredients:

- 1 cup plain Greek yogurt
- 1 cup mixed berries
- 1 tbsp honey or maple syrup
- ½ tsp vanilla extract (optional)

Directions:

- Blend the berries until smooth to create a simple berry puree.
- In a bowl, combine the Greek yogurt, honey, and vanilla extract.
- Gently swirl the berry puree into the yogurt mixture, leaving streaks of color throughout.
- Transfer to a freezer-safe container and freeze for 1–2 hours.
- Scoop and serve as a refreshing, protein-packed frozen treat.



Nutrition Note: Calorie counts and serving sizes are estimates and may vary based on ingredient brands, substitutions, portion sizes, and optional toppings. Adjust recipes as needed to meet your individual dietary needs and preferences.