

Recipe: Summer Cool Treat

Frankie Results



Summer Cool Treat

Dessert

INGREDIENTS / PREP

- 2 containers of your favorite 100 Calorie Fat Free Greek Yogurt
- 1/2 teaspoon of chia seeds
- 4 Kiwis
- 1- 1inch melon baller scoop
- 1 large freezer bag

DIRECTIONS

Place both Fat Free Yogurt containers in the freezer (*if you have the Yogurt that is not pre-mixed, open it, mix and re-cover before freezing). Next cut each kiwi in half. Use the 1/2 inch melon ball scooper, to scoop out 1 inch kiwi balls and place each inside the large freezer bag. When finished, seal the freezer bag and place the bag in the freezer. Leave the Freezer bag and the Yogurt containers in the freezer for a minimum of 2 hours (120 minutes). When you get that craving take a small dessert cup and scoop out the Yogurt using the 1 inch melon ball scooper. Place approx. 2 scoops of Frozen Yogurt and 2 scoops of Frozen Kiwi in the cup. Garnish the Gelato like awesomeness with 1/2 teaspoon of chia seeds! ENJOY WHEN YOU GET THAT SWEET TOOTH CRAVING AND STILL GET RESULTS!!!

PREP TIME

5
minutes

FREEZE TIME

120
minutes

SERVINGS

6
servings

No more cheats
just RESULTS!