GLOBAL · DESSERT

# No-Churn Pistachio Greek Yoghurt Ice Cream

10 min · plus about 4 hours freezing · Makes 5 × about ⅔ cup (145 g) · 309 kcal a portion
Video 7:02 · fitfoodieselma

Vegetarian · Gluten-free ingredients

Blended from Greek yoghurt and a cup of pistachios: about 15 g of protein, 3 g of fibre and a third of a day's vitamin B6 a serve, with just under 10 g of added sugar from the maple syrup (less with 3 tbsp).

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## Ingredients

7 · MAKES 5 × ABOUT ⅔ CUP (145 G)

- [ ] 500 g **full-fat Greek yoghurt** (5–6% fat)
- [ ] 140 g **unsalted pistachios**
- [ ] 4 tbsp **maple syrup** (3–4 tbsp, to taste)
- [ ] 1 tsp **vanilla paste or extract**
- [ ] 1 tsp finely grated **lemon zest**
- [ ] a pinch of **salt**
- [ ] **crushed pistachios**, to top (optional)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

**Contains:** Milk, Tree nuts. Check labels on stock, sauces and spice mixes.

## Method

TIMES = THE MOMENT IN THE VIDEO

1. Put the Greek yoghurt, pistachios, maple syrup, vanilla, lemon zest and salt in a blender and blend until smooth and creamy. 0:36
2. Pour into a freezer container and scatter a few crushed pistachios over the top if you like. 1:36
3. Freeze for about 4 hours, until set. 1:52
4. Leave at room temperature for 10–15 minutes before scooping. It's best eaten soon after it sets, as it turns hard and icy if left in the freezer for days.

> **Tip** The cook makes about 5 serves. Use maple syrup rather than honey to keep the sugar down (honey adds more). Soften on the bench before scooping.

The method is a summary in our words — the video shows every step.

## One portion, about ⅔ cup (145 g), gives you

1 OF 5 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| 309 kcal | 15 g | 23 g | 3.2 g | 19 g | 80 mg |
| 1,290 kJ | 30% of a day | 20 g net · 16 g sugars | 12% of a day | 5.3 g saturated | 3% of a day |
| | | 8% of a day | | 24% of a day | |

**Energy from** net carbs 26% · protein 19% · fat 55%
**High in** (20%+ of a day) Vitamin B6 34% · Vitamin B12 31% · Selenium 22%
**Source of** (10–19%) Zinc 13% · Calcium 12% · Magnesium 12% · Potassium 10%

**Recipe and video:** fitfoodieselma (@fitfoodieselma) on YouTube — youtube.com/watch?v=OXSZbfPxLjw, published 2 July 2026. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/pistachio-greek-yoghurt-ice-cream