AMERICAN · DESSERT · SNACK

Sugar-Free Blueberry Frozen Yoghurt

10 min · plus overnight freezing Makes 6 × 1 scoop 107 kcal a portion

Video 3:12 · Joe's Phenomenal

Vegetarian | Gluten-free ingredients | Nut-free

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Full-fat Greek yoghurt and fresh blueberries sweetened with monk fruit: about 8 g protein and 8 g net carbs a scoop, with no added sugar.

Diet notes: Low carb (8 g net carbs) but not keto: 35% of the energy is from fat, and keto meals get about 60% or more.

Ingredients

4 · MAKES 6 × 1 SCOOP

- [ ] 2 cups **Greek yoghurt** (5% fat)
- [ ] 1½ cups **fresh blueberries**
- [ ] ½ cup **monk fruit sweetener**
- [ ] 1 tbsp **vanilla extract**

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

Method

TIMES = THE MOMENT IN THE VIDEO

1. Put the Greek yoghurt in a mixing bowl and stir in the blueberries, crushing them a little (especially large ones). 0:49
2. Add the monk fruit sweetener and mix thoroughly so it's evenly spread, then stir in the vanilla. 1:05
3. Pour into a Ninja Creami Deluxe pint without going past the max fill line. Put on the lid and freeze overnight. 1:20
4. Take off the lid, set the pint in the outer bowl, lock on the paddle lid and fit it into the machine. Choose Full pint and the Frozen Yogurt setting. 1:41
5. Scoop and serve straight away (about 6 scoops). 2:20

> **Tip** For the smaller original Ninja Creami, cut every ingredient by a third. No Creami? Any ice cream maker works, as the cook notes.

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

One portion (1 scoop) gives you

1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
107 kcal	7.6 g	8.9 g	0.9 g	4.2 g	30 mg
450 kJ	15% of a day	8 g net · 7 g sugars	3% of a day	2.9 g saturated	1% of a day
		3% of a day		5% of a day	

Energy from net carbs 32% · protein 30% · fat 38%

High in (20%+ of a day) Vitamin B12 26%

Source of (10–19%) Selenium 14%

Recipe and video: Joe's Phenomenal (@JoesPhenomenal) on YouTube — youtube.com/watch?v=mVrCaRqvbXk, published 1 November 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, 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/sugar-free-blueberry-frozen-yoghurt-ninja-creami