


Peach Mango Italian Ice with Vanilla Frozen Yogurt

No special ice cream machine is needed for this no-sugar-added frozen treat. Flavored no-calorie sweeteners and naturally sweet tropical fruits make it easy to enjoy this heart-healthy dessert.

Ingredients

 **Servings** 8 **Serving Size** ¼ cup Italian ice and ¼ cup frozen yogurt

Italian Ice Ingredients

1 cup diced fresh or frozen (no-sugar-added) **mango**

1 cup diced fresh or frozen (no-sugar-added) **peaches**

½ teaspoon **stevia sweetener (Organic or Natural)** or 1 packet **stevia sweetener (Organic or Natural)**

2 squeezes peach mango-flavored **stevia water enhancer**

1/2 cup water

1 teaspoon fresh lemon juice

Frozen Yogurt Ingredients

1 cup fat-free plain **Greek yogurt**

2 small **bananas** (10 ounces), sliced

1 tablespoon fresh lemon juice

1 teaspoon **stevia sweetener (Organic or Natural)** or 2 packets **stevia sweetener (Organic or Natural)**

5 drops vanilla crème-flavored **stevia sweetener**


Topping Ingredients

1 medium **peach**, peeled and sliced into 8 slices

1 medium **mango**, peeled and sliced into 8 slices

8 fresh **mint sprigs**

Directions

 **Tip:** Click on step to mark as complete.

In a food processor, process the Italian ice ingredients for 30 to 40 seconds, or until smooth. Pour the mixture into a medium bowl. Freeze, covered with plastic wrap, for 2 hours. Using a fork, scrape all the ice to create an icy-granular texture. Recover with plastic wrap. Re-freeze for 1 to 1 1/2 hours. Rinse the food processor.

In the food processor, process the frozen yogurt ingredients for 30 to 40 seconds, or until smooth. Pour the mixture into a medium bowl. Freeze, covered with plastic wrap, for at least 2 hours.

To serve, scoop ¼ cup of the frozen yogurt into 8 small bowls. (If the yogurt is frozen for 4 hours or more, it may be too hard to scoop. If it is, let the yogurt sit at room temperature for 10 to 15 minutes before scooping into bowls.)

Using a fork, scrape the Italian ice to create an icy-granular texture. (If the Italian ice is frozen for more than 2½ hours, it may be too hard to scrape. If it is, let the ice sit at room temperature for 10 to 15 minutes before scraping with a fork.) Scoop ¼ cup of the Italian ice on top of each scoop of yogurt.

Garnish each bowl with a peach slice, mango slice, and mint sprig.

 Calories

94 Per Serving

 Protein

4g Per Serving

 Fiber

2g Per Serving

Nutrition Facts

Calories	94
Total Fat	0.5 g
Saturated Fat	0.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	0.0 g
Cholesterol	1 mg
Sodium	12 mg
Total Carbohydrate	21 g
Dietary Fiber	2 g
Sugars	16 g
Added Sugars	0 g
Protein	4 g

Dietary Exchanges

1 1/2 fruit, 1/2 lean meat