



Frozen Coconut Yogurt with Cinnamon



Gluten Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



125 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon coconut extract
- ☐ 2 tablespoons coconut milk
- ☐ 1 teaspoon ground cinnamon
- ☐ 3 cups greek yogurt plain 2% organic
- ☐ 1 cup stevia powder
- ☐ 0.5 cup coconut shredded unsweetened

Equipment

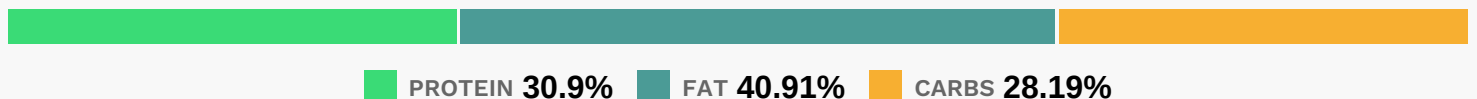
- ☐ bowl

- ☐ plastic wrap
- ☐ ice cream machine

Directions

- ☐ In a large bowl, combine the yogurt, sweetener, coconut milk, cinnamon, and coconut extract. Cover tightly with plastic wrap and let the mixture chill in the fridge for at least 1 hour or overnight.
- ☐ Pour the chilled mixture into an ice cream maker and freeze according to the manufacturer's instructions for frozen yogurt.
- ☐ In the last 5 minutes of the maker's cycle, add the shredded coconut.
- ☐ Other
- ☐ Reprinted with permission from The Sweet Life: Diabetes Without Boundaries by Sam Talbot, (C) © 2011 Rodale

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:5.7343477956627%

Nutrients (% of daily need)

Calories: 125.19kcal (6.26%), Fat: 6.44g (9.91%), Saturated Fat: 5.49g (34.31%), Carbohydrates: 9.99g (3.33%), Net Carbohydrates: 8.55g (3.11%), Sugar: 3.95g (4.39%), Cholesterol: 5mg (1.67%), Sodium: 39.62mg (1.72%), Alcohol: 0.28g (100%), Alcohol %: 0.3% (100%), Protein: 10.95g (21.9%), Vitamin B2: 0.29mg (17.04%), Selenium: 11.34µg (16.21%), Manganese: 0.32mg (16.01%), Phosphorus: 157.03mg (15.7%), Calcium: 117.35mg (11.73%), Vitamin B12: 0.7µg (11.67%), Fiber: 1.44g (5.76%), Potassium: 196.74mg (5.62%), Magnesium: 20.57mg (5.14%), Zinc: 0.72mg (4.81%), Copper: 0.09mg (4.58%), Vitamin B6: 0.09mg (4.47%), Vitamin B5: 0.4mg (4.02%), Iron: 0.52mg (2.89%), Folate: 8.42µg (2.1%), Vitamin B1: 0.03mg (1.86%), Vitamin B3: 0.3mg (1.49%)