

STRAWBERRY SNOW

Okay, wow, I am excited about this one!

This recipe is low on effort and high on reward, only requiring you to blend and freeze just 5 simple ingredients. With the chilly, fluffed texture of fresh snow and the sweet flavor of red-ripe strawberries, this recipe creates an incredibly delicious result that can only be identified as *strawberry snow*.

This fruity, fluffy snow is perfectly cold and refreshing to cool you down on a hot summer day. It also happens to be built with fiber and antioxidant-rich strawberries, and protein-packed Greek yogurt. This snow is great for a snack, post-workout recovery, and yes, definitely dessert.

You can enjoy it straight as is, or pile atop ripe, cut fruit like more strawberries, some peaches, or pitted cherries. Tastes like a sweet summer to me!



total prep time: 10 minutes + time to freeze | servings: 2 | vegetarian, gluten free

INGREDIENTS

1 cup strawberries, halved
2 tbs agave or other neutral syrup
1/8 tsp vanilla extract
pinch of salt

1 cup low fat Greek yogurt

DIRECTIONS

Make the strawberry puree:

Place strawberries, syrup, vanilla and salt in a food processor and blend until totally smooth.

Or, place ingredients in a container with high sides (like a medium bowl or quart container) and blend until smooth with an immersion blender.

Add the Greek yogurt and blend again until evenly incorporated.

Pour mixture into a container with a tight fitting lid.

Place in the freezer for at least a few hours, or overnight, to freeze through.

When ready to eat, remove from the freezer and let sit at room temperature for a few minutes to let soften slightly. Use a fork to scrape the top of the frozen mixture into tiny crumbles that look like snow. Enjoy the strawberry snow right away before it melts.

Notes: While I haven't tried it yet, I would imagine you could swap in another type of ripe fruit (blueberries, peaches, melon, etc.) and make a different fruity snow. In place of Greek yogurt, a dairy-free yogurt could be used, but the protein content of this recipe would likely be lower. This should keep in a well sealed container in the freezer for a few weeks.