BRUSSELS SPROUTS DIP



INGREDIENTS:

- 1 1/2 cups plain yogurt (Greek, almond, coconut)
- 1 1/2 pounds of frozen strawberries

NUTRITION PER SERVING:

- Calories 60
- Total Fat .5g
- Chol 0mg
- Sodium 25mg
- Carbs 11g
- Fib er 1g
- Sugars 8g
- Protein 2g

PREPARATION:

- Put the yogurt into a Vitamix (or high-power blender). Add the strawberries.
- Start the blender at its slowest speed, then quickly increase to the highest speed.
- In roughly 30-60 seconds, the sound of the motor will change, and four mounds will form. Stop the machine (don't over-blend as it will melt). Serve immediately.

Makes 10 Servings

Reference: https://Vitamix.com