

EASY CHERRY SORBET (from yummyhealthyeasy.com)

Ingredients

- 1 5.3-oz container non-fat vanilla Greek yogurt
- 1 16-oz bag frozen unsweetened cherries (or other variety of fruit), softened for a few minutes at room temperature
- 2 - 2 1/2 Tbsp. milk any kind
- 1 packet Truvia sweetener about 1 tsp. (or sugar)

Instructions

1. Combine yogurt and cherries in a good blender (I use my Vitamix).
2. Add in Truvia sweetener and start with 1 tablespoon milk. Blend all ingredients together, adding a 1/2 tablespoon of milk at a time until thoroughly combined and thick & creamy.
3. Pour into a bowl or bowls and enjoy!