



Recipe Name: Lemon Frozen Yogurt Recipe

Diet Type:

Course: Snack

Cuisine: Continental

Quantity:



Ingredients

Ingredient	Quantity
• 1/4 cup Lemon juice	3
• 500 grams Curd (Dahi / Yogurt)	
• 1/4 cup Sugar - powdered	
• 2 tablespoons Fresh cream	
• 1/8 teaspoon Turmeric powder (Haldi)	
• Vanilla Extract - few drops	
• 1 teaspoon Orange Zest (Rind)	
• Orange - two wedges	

Preparation

- To begin making the Lemon Frozen Yogurt recipe, take a medium bowl and beat yogurt and turmeric powder for about 4 minutes.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
150	10	30	0	0	25