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5-Minute Strawberry Pineapple Sherbet

If you've never tried to make your own frozen treat, this is the recipe for you. No fancy popsicle molds or ice-cream makers needed here—just a simple food processor or a high-powered blender. This recipe calls for frozen strawberries and pineapple, but you can experiment with your favorite frozen fruit for your own unique spin. Add a few scoops of creatine and you've got yourself a natural and refreshing warm weather treat that's great for your muscles, too.

Prep time: 5 min. **Cook time:** 0 min.

Serving size: 2 scoops
Recipe yields 8 servings

Ingredients

1/2 lb. frozen strawberries
1/2 lb. frozen pineapple chunks
3/4 cup plain Greek yogurt
1/4 cup honey
1/2 teaspoon vanilla extract
3 scoops Signature Creatine
Pinch salt

Directions

1. Place all ingredients in a large food processor. Pulse to break up the frozen fruit, scraping down the sides as needed. Puree until very smooth.
2. Serve immediately as soft-serve sherbet, or transfer to an airtight container and freeze. Once frozen, thaw for 15 minutes before scooping and serving.