

# Berry Frozen Yogurt

*This is a recipe for not only healthy but very delicious frozen yogurt made with two different berries and Greek yogurt. The combination for strawberries and blueberries is just fantastic in the tangy base of yogurt.*





Lately I see all kind of berries in the grocery store...they sure add so much color and life to the stores...before the summer is over, I would like to share this simple recipe, which uses non-fat Greek yogurt, therefore there is not a drop of fat in this dessert...it is so creamy and rich that you will not miss the fat...I love scooping into this frozen yogurt and have chunks of strawberry and blueberries.

You can make this frozen yogurt with any kind of berry...for this recipe I used my Cusinart Ice Cream maker...

## ***Ingredients:***

- 1 lb strawberries, hulled and cut in half
- 8 oz blueberries
- $\frac{2}{3}$  cup sugar
- 2 tsp lemon zest
- 1 teaspoon lemon juice
- 1 tablespoon rum (omit if serving to kids)
- 1  $\frac{1}{2}$  cup plain non-fat Greek yogurt
- Mint leaves for garnish



**Method:**

A full 24 hours before you make your frozen yogurt, place your ice cream maker bowl insert into the freezer.

In a medium pan place the strawberries, blueberries, sugar, lemon zest, lemon juice, and cook under medium heat until boil. Reduce the heat to low and cook for about 3 to 5 minutes, until the berries are soft.

Let it cool down and add the rum. Mix gently. Place berry mix in the refrigerator to chill for approximately 1 hour.

Mix the yogurt with the berry mix and add the mixture into the ice cream bowl. Follow your ice cream maker instruction.

Churn until the mixture looks slushy like soft serve, about 12 to 15 minutes.

Garnish with mint leave and serve immediately or place in the freezer for several hours until hard enough to scoop.





If you enjoy this simple recipe for Berry Frozen Yogurt, you might want to check on Mango Frozen Yogurt or Brandied Cherry Frozen Yogurt recipes.

***Thank you for visiting Color Your Recipes...have a colorful day!***