

Brandied Cherry Froyo



I always liked chocolate filled with cherry and brandy, so I thought why not making a frozen yogurt with brandied cherry? It sure sounded much more tempting than plain cherry.

Yes, it turned out awesome...and nobody got drunk in spite of the amount of brandy that was added to the cherries. The alcohol was totally gone with the cooking, but the flavor and aroma of the brandy was detectable in every cherry. So now imagine a spoonful of the creamy yogurt with cherry in every bite...yum!

Ingredients:

1 lb fresh cherry

1/3 cup sugar

½ cup brandy

2 cup non-fat Greek yogurt
2-3 tablespoons brandy (optional)







Method:

Make sure that your ice cream maker bucket is in the freezer overnight before you start the process.

Remove the pit of the cherries (I just bought a cherry pitter and it is great!) and place in a medium pan with the sugar and brandy. Cook over high heat until boiling point, then lower the heat to medium low and continue to cook for approximately 12 minutes until the cherries are slightly soft, and still somehow whole (not mushy) and syrupy.

Remove the brandied cherries from the heat , let it cool and place in the refrigerator for a few hours or overnight.

In a medium bowl, mix the yogurt, all the brandied cherry and brandy (optional). Once the cherry and the yogurt are all well blended turn on the ice cream maker and pour the yogurt mix into the frozen bucket.

Churn until the mixture is creamy for about 10 to 15 minutes depending on your ice cream maker.

Serve immediately (best option) or place in the freezer.

If placed in the freezer, remove the frozen yogurt 10 to 15 minutes before serving.





If you like this frozen yogurt recipe, you might want to check on Mango Frozen Yogurt with Agave Syrup, Rhubarb Frozen Yogurt or Strawberry Frozen Yogurt.

Did you know that cherries are very low in calories and rich in nutrients, vitamins and minerals? Cherries are rich in pigments which contain antioxidant properties, therefore beneficial to prevent many diseases such as cancer, heart disease, pre-diabetes, hypertension, etc...

***Thank you for stopping by Simple Recipes [dot] Me
and have a great week!***