

Strawberry Frozen Yogurt



For the longest time I wanted to get an ice cream maker after seeing so many ice cream, sherbet and frozen yogurt recipes from fellow bloggers...now I have one! For my first trial I wanted to try something easy and simple and more importantly use ingredients that I had available in the fridge...I got this recipe from the Food Network and worked beautifully with some minor adaptations.

Ingredients:

4 cups strawberries, hulled and chopped > (1 lb strawberries chopped)
3/4 cup sugar (1/3 cup agave syrup)
1 teaspoon lemon zest
1 teaspoon lemon juice
1 tablespoon rum

1 vanilla bean, halved lengthwise and seeds scraped
1 cup plain whole-milk Greek yogurt
Mint leaves for garnish





Method:

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

In a bowl, add strawberries, sugar, lemon zest, lemon juice, and rum to a bowl and mix gently. Using a hand blender or food processor pulse the berries and the vanilla.

Place in the refrigerator to chill for approximately 1 hour. Mix the yogurt with the strawberry mix and turn your ice cream machine.

Pour the yogurt mixture in the machine. 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.



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