

Frozen Yogurt – Vanilla and Blueberry Peach

Equipment Needed:

Ice cream machine
Cutting board and knife
Bowl
Spoon for mixing

To Make The Vanilla Frozen Yogurt:

3 cups full-fat yogurt
3/4 cup organic sugar or maple syrup
1/4 -1/2 tsp pure vanilla

Mix the yogurt, sugar and vanilla together in a bowl. Place in an ice cream machine and churn until the mixture is thick. Transfer to a plastic container with a lid and place in the freezer to let it get hard. Scoop and serve as desired.

To Make the Blueberry Peach Frozen Yogurt

3 cups full-fat yogurt
1 1/2 cups date paste (see date paste recipe) or organic sugar or maple syrup
1/4 -1/2 tsp pure vanilla
3/4 cup wild blueberries, fresh or frozen
3/4 cup chopped peach pieces, fresh or frozen

Chop the peaches into small pieces and place in a measuring cup to get 3/4 cup. Set aside. Mix the yogurt, date paste and vanilla together in a bowl. Place in an ice cream machine. Add the fruit and churn until the mixture is thick. Transfer to a plastic container with a lid and place in the freezer to let it get hard. Scoop and serve as desired.