

Frozen Yogurt

Ingredients

2 cups low-fat yogurt or vegan yogurt

4 cups crushed fresh fruit: such as berries, peaches, apricots or cherries

1/2 (one-half) cup honey

1 teaspoon vanilla

Method

Mix yogurt, prepared fruit, honey and vanilla in a large bowl. Blend until smooth and mixed well. Pour into ice cube trays or shallow pans and freeze about four hours. If possible, beat one or two times before frozen for a creamier texture. Makes one quart.