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▶▶▶▶ January 2013 ◀◀◀◀

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Berry Frozen Yogurt

Prep Time: 10 mins

Rest Time: 2 h 30 mins

Total Time: 2 h 40 mins

Ingredients

- 3 cup(s) berries, fresh, or frozen and partially thawed, (blackberries, or raspberries or a mixture of blackberries, raspberries and blueberries)
- 6 tablespoon sugar
- 1 tablespoon lemon juice
- 3/4 cup(s) yogurt, low-fat plain

Preparation

1. Combine berries, sugar and lemon juice in a food processor; process until smooth. Add yogurt and pulse until mixed in. If using fresh berries, transfer the mixture to a medium bowl, cover and refrigerate until chilled, about 1 hour.
2. Transfer the berry mixture to an ice cream maker and freeze according to manufacturer's directions. (Alternatively, freeze the mixture in a shallow metal pan until solid, about 6 hours. Break into chunks and process in a food processor until smooth and creamy.)
3. Serve immediately or transfer to a storage container and let harden in the freezer for 1 to 1 1/2 hours. Serve in chilled dishes.

