



SUMMER-BUSTING FROZEN STRAWBERRY YOGHURT

Ingredients:

- 2 cups (500 grams) of Greek yoghurt (e.g. Fage brand)
- 11 regular sized strawberries (should be around 2/3 cups after straining)
- 1 cup granulated sugar
- 5/8 cup (same as 1/2 cup + 1/8 cup) water
- 1/2 cup whole milk (cold)
- 1 tsp vanilla extract
- 1 tsp lemon juice

Preparation:

1. In a saucepan, pour water and sugar, and put on medium heat until it boils. Don't stir. Lower heat and simmer until all the sugar granules are dissolved. Take out of the heat and cool to room temperature before putting in the refrigerator.
2. Wash strawberries and slice off the leafy tops. Put in a blender or a food processor and puree with lemon juice. Strain out the seeds. Put in the fridge to cool.
3. Once the puree and the sugar syrup have cooled in the fridge, stir in the strawberry puree and vanilla extract into the syrup.
4. In a big bowl, mix the yoghurt on low speed for 30 seconds. Carefully add the strawberry syrup and mix for a minute. Pour in the cold milk and mix for another minute.
5. Set up your ice cream maker and turn it on. Pour the mixture into the spout and churn for 30 minutes.
6. Enjoy immediately or for better taste, allow to "rest" in the freezer for a couple of hours or overnight. It tastes better after the resting period.

Enjoy this heat buster this summer!

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