



LIGHT & TANGY HONEY PEACH FROZEN YOGURT

Ingredients to make 1 quart of frozen goodness:

- 15 frozen peach slices (defrosted)
- 3/4 and 1/8 cup clover honey
- 2 cups (500 grams) 2% Fage Yogurt
- 1/2 cup whole milk

Preparation:

1. In a blender [or Magic Bullet if you have one], pulse the peach slices with 3/4 cups honey until the mixture is smooth and homogenous. If your peach slices are not cold, cool this mixture in the fridge before continuing.

2. Mix the yogurt on low speed for 2 minutes, and then add the milk and honey-peach mixture. Mix until thoroughly blended.

3. Set up your ice cream maker and turn it on. Pour the yogurt mixture into the bowl, following your equipment's instructions.

4. After 10 minutes, slowly pour (almost like a drizzle) the 1/8 cup honey into the spout.

5. Allow the ice cream to churn for another 10-15 minutes. Transfer to a freezer-safe container with lid and put in the freezer for at least 3 hours. I like 'resting' our frozen yogurt for at least 24 hours to get the best flavor. I don't know why, but after a day of waiting it tastes so much better.

Note: You can also use fresh peach slices, although I wouldn't know how many cups you would need. I'll have to measure it in cups next time.

Happy eating!

This recipe was brought to you by **Gourmeted.com**. The original recipe was taken from *Cuisine at Home* magazine. If you have questions regarding this recipe, contact us at gourmeted@gmail.com.