



## VERRRY RASPBERRY FROZEN YOGURT

### Ingredients

- 3/4 cup sugar
- 3//4 cup water
- 350 grams fresh raspberries
- 500 grams 2% Fage
- 1 cup cold milk

### Preparation

1. Make a simple syrup by boiling water and sugar in a medium sized saucepan until all the sugar crystals are dissolved; no need to stir.
2. Add the raspberries and cook in medium heat until it starts to boil, then decrease to low-med heat. Stir with a heat resistant spatula, and occasionally pressing the berries against the bottom of the saucepan. You can mash it as fine or as chunky as you like. Cook until the mixture becomes thick, but not as thick as jam. Set aside to cool on a trivet first, then in the fridge for about 30 minutes. [Note: I prefer to have the berries with the seeds. Feel free to sieve them out.]
3. In a medium sized bowl, pour all the (cold) ingredients and mix with a spatula first to avoid splattering, then with a hand mixer until well blended. You can add more fresh raspberries at this point if you like. Pour into prepared ice cream maker and mix until thick, about 30-35 minutes. *You will notice that this does not thicken as fast as your usual creamy ice cream or frozen yogurt, but don't worry.*

Best if frozen at least 48 hours before consuming, but I won't tell if you eat it right away!

**Enjoy!**

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*This is an original recipe from [Gourmeted.com](http://Gourmeted.com) posted on [August 1, 2009](http://August 1, 2009). If you have questions about the recipe, please send an email to [gourmeted@gmail.com](mailto:gourmeted@gmail.com).*