



cara price

STRAWBERRY FROZEN YOGURT

INGREDIENTS

- 1-1/2 cups plain, unsweet coconut milk yogurt*
- 1 - 16 ounce container strawberries
- 1/2 cup honey
- 1/4 cup boiling water
- 1 tablespoon vanilla extract
- 1 tablespoon unflavored gelatin
- 2 teaspoons lemon juice*or other non-dairy, unsweetened yogurt

optional garnish:

- extra fresh chopped strawberries
- mint leaves
- balsamic reduction

DIRECTIONS

boil water & sprinkle 1 tablespoon unflavored gelatin on top of it. allow it to sit while you prepare the other ingredients. {about 5 minutes}

wash & stem the strawberries. place the strawberries, yogurt, honey, vanilla & lemon juice in a blender. add the gelatin mixture last.

blend all the ingredients for about 10-15 seconds. continue pulsing mixture until desired consistency of strawberries is reached.

place the blender jar with mixture in it, in the refrigerator for 30 minutes.

pour into a cold, electric ice cream maker & turn on for 30-45 minutes. keep an eye on the frozen yogurt, as it will expand while it freezes. you want to make sure it doesn't spill over out of the ice cream maker.

serve soft style immediately, or freeze longer in freezer for a harder yogurt.

garnish as desired