



HOMEMADE FROZEN YOGURT



Ingredients

- 1 cup of plain or homemade yogurt
- 1 lb of frozen fruit of your choice (e.g., 1 banana mixed with a variety of berries, mango, or pineapple)
- (Optional) Spoonful of honey to taste if fruit is tart

Instructions

1. Add the yogurt into a blender.
2. Mix in fruit and press it down while blending until it is well incorporated.
3. Serve immediately or spoon into popsicle moulds. A win-win snack for the kids. Great for hot days or sore throats.

Tips & Additional Information

- Greek yogurt is not recommended because of its thickness.
- Choose yogurt that contains only milk, milk solids, cream, and bacterial culture. Additional ingredients may reduce the cultures' ability to effectively break down the sugars in the dairy.
- To be considered true yogurt, nearly all the lactose must be digested by the bacterial culture, a process that takes at least 24 hours. Most commercial yogurts are fermented for only 4–6 hours.
- For detailed information and instructions on making this type of probiotic yogurt, refer to the resource, *Breaking the Vicious Cycle: Intestinal Health through Diet* by Elaine Gottschall.

