



## Strawberry Frozen Yogurt

The recipe I worked from called for french yogurt. I used Fage Greek Yogurt which the folks at Trader Joe's usually have on hand. If you can't get Fage or another greek yogurt, strain regular plain yogurt through a paper towel lined sieve in the refrigerator to remove the liquid. You will be left with a thick, creamy yogurt similar to Fage.

I've had this recipe for so long that I forgot where it originally came from. It was definitely something I got online. If it's yours, thanks for sharing.

- 1 pound strawberries, rinsed and hulled
- 2/3 cup sugar
- 2 teaspoons vodka (optional - this helps the frozen yogurt keep a soft consistency)
- 1 cup plain, whole milk yogurt
- 1 teaspoon fresh lemon juice

Slice the strawberries into small pieces. Toss in a bowl with the sugar and vodka (if using) until the sugar begins to dissolve. Cover the bowl with plastic wrap and let stand at room temperature for 2 hours, stirring occasionally.

Transfer the strawberries and their juices to a blender or food processor. Add the yogurt and lemon juice. Pulse the machine until the mixture is smooth. Strain the mixture through a sieve to remove any seeds, if you like.

Chill until cold, at least 1 hour. Then freeze in your ice cream maker according to the manufacturer's directions.

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*strawberry frozen yogurt* was posted by wendi on 26 August 2010 at [bonappetithon.com](http://bonappetithon.com)