

Recipe No. 36/2013

Frozen Blueberry Yoghurt

Spring has sprung! With warmer weather on the way as well as many conscious decisions to lose a little of that winter excess, today's recipe is a delicious dessert without feeling the guilt.

Makes: 1.25 litres

Preparation time: 5 minutes plus overnight freezing of the yoghurt

Ingredients

1000g plain or Greek yoghurt, low fat or full-cream
100g sugar
2cm piece of vanilla pod
200g frozen blueberries
1 egg white, optional
100g maple syrup or honey

Method


- Place yoghurt into ice tray containers and freeze overnight. The quantity of yoghurt makes approximately 2 ice trays.
- Place sugar and vanilla pod in the TM bowl. Mill **10 sec/speed 10**.
- Add berries, 500g yoghurt, egg white and maple syrup. Blend **20 sec/speed 8**.
- Add remaining yoghurt. Blend **1 min/speed 10**; you may use your TM spatula to aid the blending.
- Serve in a bowl garnishes with extra frozen berries or a berry coulis (Watch this space for next week's recipe).

Cook's notes

- You may use other frozen berries or fruit such as mango.
- If the mixture is very firm when blending, add a few extra tablespoons of natural yoghurt in step 4.
- Place any left-over mixture in a sealed container in the freezer.
- To make your own yoghurt, see page 19 in Everyday Cooking for every family.



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