

Peach-Melon Frozen Yogurt

Eating Well, May/June 1993

Serves 4

Ingredients

- 3 cups frozen mixed fruit (peaches, melon, grapes)
- 1/3 cup superfine (instant-dissolving) sugar
- 1/2 cup plain nonfat yogurt
- 1 tablespoon fresh lemon juice

Instructions

1. In a food processor, combine fruit and sugar.
2. Using an on/off motion, process until coarsely chopped.
3. Stir together yogurt and lemon juice.
4. With the machine running, gradually pour the yogurt mixture through the feed tube.
5. Process until smooth and creamy, scraping down the sides of the work bowl once or twice.
6. Scoop the frozen yogurt into serving dishes; cover and freeze for 15-30 minutes to firm up slightly before serving.

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119 calories per serving: 3 G protein, 0 G fat, 29 G carbohydrate, 62 MG sodium, 1 MG cholesterol.

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