

## How to make Frozen Yoghurt

How about in this lovely weather we all make something to keep us cool.

### Ingredients

140g strawberries

½ x 405g can light condensed milk

500g tub 0%-fat Greek yogurt

### Method

- 1.** Roughly chop half the strawberries and whizz the rest in a food processor or with a stick blender to a purée.
- 2.** In a big bowl, stir the condensed milk into the puréed strawberries then gently stir in the yogurt until well mixed. Fold through the chopped strawberries.
- 3.** Scrape the mixture into a loaf tin or container, pop on the lid or wrap well in cling film and freeze overnight, until solid. Remove from the freezer about 10-15 mins before you want to serve the frozen yogurt. Can be frozen for up to 1 month.

**hope you enjoy your ice cold treat. enjoy!**

