



Fresh Peach Frozen Yogurt

Making your own frozen treats is a great way to knock the extra calories and sugar and have fun doing it. I know in the directions it mentions to add vodka, but it's only a tablespoon or 2 to help it not so icy and makes it have more of a creamier texture. I haven't tried this one yet but I don't think ice cream makers are overly important. I had a friend make it and they didn't use it and it seemed to work out fine. Makes 1 quart.

Ingredients:

- 3 large, ripe peaches, peeled and cut into chunks
- 1/2 cup sugar
- juice of 1/2 lemon
- 2 cups plain whole milk yogurt

Instructions:

- Put the peaches, sugar, and lemon juice in a food processor or blender and purée. (If you do want to add vodka to keep the mix from getting icy in the freezer, add it before you blend.)
- Transfer the peach mixture to a large bowl and stir in the yogurt. If you have time, chill the base in the refrigerator for an hour or so (not completely necessary, but an extra safeguard if your ice cream maker isn't very powerful).
- Freeze in an ice cream maker according to the directions. Serve immediately or transfer to a container and allow to firm up for an hour or two in the freezer.

Enjoy!