



PREP TIME

10 minutes



COOKING TIME

1-2 hours



SERVINGS

4

CRANBERRY FROZEN YOGHURT

2 cups Greek yoghurt
2/3 cup cooking cream
1 - 1 1/4 cup 100% cranberry juice
6 tablespoons honey
1 teaspoon lemon peel
Optional: 1/2 teaspoon konjac
flour to thicken

Put all the ingredients except cranberry juice into a food processor/blender. Blend until it's completely smooth, then start adding cranberry juice by the tablespoon and adjust to taste.

If you have an ice cream maker machine, use it to churn the mixture and freeze according to the instructions. If you don't, make sure you blend it very well. You can add an optional 1/2 teaspoon of konjac flour or similar to thicken. Pour the mixture into freezing containers, 1 serving each or 1 large.

Freeze for 1-2 hours, depending on the size of your container and your freezer. Serve with dried cranberries and cashews. You can also freeze overnight, but it will freeze solid because of the high water content, so you need to take it out about 20 minutes before eating. Enjoy!

