

30 minutes

Serves 8

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Ingredients:

- 1 tub (100g) blueberries
- 1 small tub (175g) cream cheese
- 1½ cups (375ml) Greek yoghurt (plain full-fat yoghurt works too)
- ¼ cup (60ml) honey
- 1 tsp (5ml) vanilla extract
- Grated peel and juice (60ml) of 1 lemon

Method:

1. Blitz all ingredients together until smooth.
2. Pour into a shallow tub and freeze, beating every hour for 4 hours with a hand beater to break up ice crystals.
3. Freeze until firm enough to scoop.
4. If refreezing for longer periods and frozen yoghurt becomes very hard, you can take it out of the freezer for 15-20 minutes, whisk with an electric beater to soften crystals and refreeze for a few minutes for best result.