

# Homemade Frozen Yogurt

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Whip up yummy homemade frozen yogurt in your own kitchen. Mix together 16 ounces of fat-free or regular vanilla yogurt with your favorite fruits, and spoon the mixture into serving-size freezer containers with lids. Store the containers in the freezer. To serve, remove the lid and soften the yogurt in the microwave for about 45 seconds. Here are some examples of flavor combinations you can try.

*Converting ounces to grams:*

**16 ounces = 454 grams**

**8 ounces = 227 grams**

**4 ounces = 113 grams**

## Cherry Vanilla

Use 16 ounces of fresh or frozen pitted cherries.

## Strawberry Mango

Use 8 ounces of fresh or frozen sliced strawberries and 8 ounces of fresh or frozen chopped mangoes.

## Berry Berry Good

Use 4 ounces each of fresh or frozen blueberries, raspberries, sliced strawberries, and blackberries.

## Peachy Walnut

Use 16 ounces of fresh or frozen chopped peaches and 1/2 cup chopped walnuts.

## Tropical Pineapple

Use 8 ounces of fresh or frozen chopped pineapple and 8 ounces of fresh or frozen chopped papaya.

## Tangy Treat

Use 16 ounces of fat-free lemon yogurt instead of vanilla; 2 oranges, seeded and chopped; 4 tangerines, seeded and chopped; and 2 kiwis, peeled and chopped.

