

Blueberry Frozen Yogurt



Ingredients

1 quart plain yogurt
1/2 c heavy cream
3/4 c sugar
1 tbsp light corn syrup
3 tbsp lemon juice
2/3 c dried blueberries

Directions

Ice cream maker.

In a bowl, whisk together yogurt, heavy cream and sugar until smooth. Slowly mix in corn syrup and lemon juice. Refrigerate mixture 10-30 minutes.

Stir dried blueberries into mixture, pour into your ice cream maker. Prepare according to your machine's directions. When at soft serve stage you may pour into an 8x8 baking pan and freeze overnight.

Nutritional Information

Calories per serving 343
Total Fat 15g
 Saturated Fat 10g
Cholesterol 58mg
Sodium 106 mg
Total Carbohydrates 46mg
 Dietary Fiber 1g
Protein 3g

Servings 5