

FROZEN YOGHURT GF D Low

Gluten Free, Dairy containing, Low chemical

Makes 8 x ½ cup ice-blocks

Ingredients:

- 1 ¾ cups of Natural yoghurt
- 1 (~80g) ripe, peeled pear (or canned pears, drained of syrup)
- 1 tsp vanilla (or ½ tsp vanilla bean paste)
- ¼ cup pure maple syrup

METHOD:

- Puree the pear separately
- Place the yoghurt, maple syrup and vanilla into a bowl and gently fold the ingredients together
- Add the pear and swirl it through the yoghurt, but don't beat the mixture or the final product will be quite icy
- Transfer mixture to ice block moulds, or a freezer proof bowl
- Freeze 4-5 hours, or until set

To serve:

You made need to wrap a hot dish cloth around the outside of the mould to pull the frozen yoghurt out

If you froze it as one dish. Serve portions into serving bowls. Top with cashews.

