



# PEACH FROZEN YOGURT

TOTAL TIME: 10 MINUTES



## Ingredients

- 3 cups frozen peaches
- 1 cup plain or vanilla yogurt (coconut or Greek)
- 1 tbsp fresh lemon juice
- 1 tsp agave nectar or honey (optional)
- 1 cup of fresh peaches
- \* Garnish with fresh mint

## Directions

- **Step 1:** Place the ingredients into a high speed blender or food processor (in the order listed, waiting to add the fresh peaches) & secure the lid.
- **Step 2:** Start the machine slowly & then increase slowly to its highest speed, and blend/process for ~45 seconds or until the frozen yogurt is smooth & thick.
- **Step 3:** Add the fresh peaches, & blend until a consistency you prefer. I enjoy having some chunks of fresh peach throughout.
- **Step 4:** Serve immediately if you enjoy soft frozen yogurt, otherwise, scrape the mixture into a container & freeze for 20 minutes (or up to a month if well-covered).

