

NATIONAL FROZEN YOGURT DAY

Directions: Try this at-home recipe and color the frozen yogurt cup.

Ingredients

- 3 cups of whole-milk plain yogurt
- 1/2 cup heavy cream
- 3/4 to 1 cup sugar, honey, or other sweetener
- 1 tablespoon corn syrup (optional-this is for smoothness)

Directions

1. Freeze the bowl from the ice cream maker 24 hours before
2. Whisk together all of your ingredients in the bowl. Refrigerate again if ingredients have warmed up.
3. Pour the mixture into the ice cream maker. Churn it until it is a thicker consistency. This will take around 15-20 minutes.
4. Scoop into a freezer container and cover with parchment paper and then cover with lid. The parchment paper will prevent ice crystals.
5. Freeze for at least 6 hours
6. Enjoy!

