



LEMON FROZEN YOGHURT

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 30 mins + freeze time 2 x 4hrs

Cook time: 5 mins

Serves: fills 12 small lemon cups or makes about 3 cups.

INGREDIENTS

- ½ cup water
- 1 cup dextrose powder
- 6 small lemons and their juice
- zest of 1 large lemon
- 1 tsp natural vanilla extract
- 500g coconut yoghurt, natural



METHOD

- In a small saucepan, combine water and dextrose and heat while stirring, until dissolved.
- Remove from heat and cool.
- While cooling, halve and juice small lemons. Keep juice aside and scrape flesh from lemon halves.
- Place empty lemon shells in freezer.
- Pour cooled water mix into blender, and add zest, lemon juice, vanilla and yoghurt.
- Mix well and pour into plastic lined dish. (I use a dish that is 25cm x 28cm x 5cm).
- Place into freezer for a minimum of 4 hours, or overnight.
- Remove from freezer after desired time and break up mixture and return to blender.
- Beat until smooth and return to the freezer in a plastic tub, or freezer safe tub.
- Freeze another 4 hours or overnight, and serve by filling frozen lemon cases with scoops of frozen yoghurt mix.