

### **Blueberry Vanilla Frozen Yogurt Recipe**

3 cups Greek style plain low-fat yogurt

2/3 cup sugar or 2/3 cup Splenda

1 teaspoon vanilla extract

1 Tablespoon honey

1 cup blueberries – pureed in a blender or food processor

Combine all ingredients in a large bowl. Pour into a traditional ice cream freezer and freeze according to manufacturer's directions. When yogurt is thickened remove cylinder and place in freezer for a minimum of two hours. Serve within 30 minutes. Top with fresh blueberries.

Makes 1 quart.

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