

Frozen yoghurt is a brilliant alternative to Ice-cream. Same flavour minus the calories. Feel free to have double portions and do it guilt-free, heehee. Whats not to love?

Plain Vanilla Frozen Yoghurt

Ingredients:

- ☐ 3 cups of Greek yoghurt, plain non fat/low fat
- ☐ Pinch of salt
- ☐ Half a cup of maple syrup or 1/4 cup of honey
- ☐ 2 tsp vanilla extract
- ☐ Toppings of choice - anything you like

Stir together all ingredients in a medium-large bowl

If you happen to have an ice-cream maker, pour in and churn until soft-serve consistency (around 20mins average). For harder consistency, store in an airtight container in the freezer.

Storage tip: Cover top of yoghurt with wax paper to stop ice crystals forming.

If you don't have an ice-cream maker, just pour into a wide uncovered container and freeze for an hour and a half. Scrape and mix it every half an hour. Once its frozen, can be stored in an airtight container or eaten all up!

When i was living in Bondi some years ago i came across this ah-mazing FroYo shop which i immediately became addicted to. Of course it was basically guilt free so i was never out of the place!

The best part of the process was getting your plain or flavoured yoghurt and adding the fun toppings. You instantly become a 5 year old again! So much fun. You can choose jellies, sour sweets, chocolate, sprinkles, biscuit, the list goes on...

I was gutted to leave that place behind when i sadly departed Bondi but i vowed to return again.

Needless to say, it was the first place i headed for when i did eventually arrive back a year or so later. I had been telling my travel buddy all about it, gushing about its awesomeness, dying for a taste of that oh-so-good low fat yumminess.

Well we searched and searched as i assumed they had moved premises when it wasn't in its rightful spot. I was hell-bent on finding it after all that craving. But it wasn't to be :(

I presumed they had opened a massive store somewhere in central city Sydney due to their popularity, but for the life of me i couldn't remember the name of it! Grrrr

After that i was determined to find one just as good, but to my despair, none of the other FroYo places were a patch on it. Thats when i decided to go on my search for recipes online and in books. I have found many and varied recipes and I'm going to be sharing them with you each week starting today!!

So here goes. Stay i touch and ill keep you posted with yummy recipes of all kinds as i will have a recipe section on here to add my favourites. If you are a foodie like me you are in for some real treats! Bon App!