

Hemp and Almond Milk Strawberry Frozen Yogurt

From www.lexieskitchen.squarespace.com

INGREDIENTS:

- 5 medium organic strawberries*
- 1 ½ cups plain non-dairy yogurt
- 1 cup chilled unsweetened vanilla hemp milk
- 15 drops SweetLeaf Vanilla Crème Liquid Stevia
- 3 tbsp honey
- 1 tsp vanilla extract
- 6 tbsp strawberry rhubarb syrup**

*Can substitute frozen strawberries and skip the first step.

**Add 2 additional tbsp of honey and a few puréed strawberries.

Equipment needed: Ice Cream Maker

PREPARATION:

Cut the strawberries into ¼-inch chunks, spread on a plate, and place in freezer. In blender, combine the rest of the ingredients. Pour yogurt mixture into ice cream maker and follow the manufacturer's instructions. When the yogurt mixture begins to stiffen, add the frozen strawberries.

NOTES FROM THE COOK:

Dessert