

Recipe - Blackberry Frozen Yogurt

Frozen Yogurt



Ingredients

Blackberries 7-8 nos

Ripe Banana 1 large

Sugar 3 tbsp

Thick Curd 2 cups

Milk 1 tbsp

Method

- Wash and cut the blackberries and deep freeze for an hour.
- deep freeze for an hour.
- to a smooth paste.
- Add thick curd and blend well.
- Pour in to an airtight jar and deep freeze for 3-4 hours.
- Now before serving remove from freezer and keep in refrigerator for 15 minutes.
- This will help easy scooping.
- garnish with banana and berries.
- Serve chill.

Tips

You may choose your choice of fruits or berries, like strawberry, blueberry, mango, kiwi, banana etc. Adjust sugar as per your taste.