

Chocolate Low Fat Frozen Yoghurt

Drain in colander overnight:*

2 cups low fat Yoghurt
2 cups non fat Yoghurt

To food processor, add:

4 cups combined Yoghurt
3/4 cup cocoa powder
3/4 cup cane sugar
2 teaspoons vanilla extract
1 cup Carnation Light and Creamy non fat evaporated milk (this is optional, but does improve the texture).

Chill combined ingredients for a few hours
Add to ice cream maker and freeze according to directions

Lemon Ginger Low Fat Frozen Yoghurt

Drain in colander overnight:*

2 cups low fat Yoghurt
2 cups non fat Yoghurt

To food processor, add:

1/3 cup unsugared crystallized ginger
pulse until coarsely chopped

then add:

4 cups combined Yoghurt
3/4 cup lemon juice
1 packed Tablespoon lemon zest
3/4 cup cane sugar
1/2 teaspoon vanilla extract
1 cup Carnation Light and Creamy non fat evaporated milk (this is optional, but does improve the texture).

Chill combined ingredients for a few hours
Add to ice cream maker and freeze according to directions

*** To drain yogurt:**

Line colander with cheesecloth or two layers of paper towels. Put colander in a bowl so that there is some room below the colander for the liquid (whey) to drain into. Cover colander with aluminum foil and place in refrigerator for 8 hours or overnight. Remove yoghurt cheese from colander with a spatula and place in food processor.

Mexican Chocolate Low Fat Frozen Yoghurt

Drain in colander overnight:*

2 cups low fat Yoghurt

2 cups non fat Yoghurt

To food processor, add:

12 squares (6 ounces) dark chocolate

pulse until coarsely chopped

then add:

4 cups combined Yoghurt

1/4 cup cocoa powder

1/2 cup cane sugar

1 teaspoon cinnamon

2 teaspoons vanilla extract

1 cup Carnation Light and Creamy non fat evaporated milk (this is optional, but does improve the texture).

Chill combined ingredients for a few hours

Add to ice cream maker and freeze according to directions

Orange Chocolate Chip Low Fat Frozen Yoghurt

Drain in colander overnight:*

2 cups low fat Yoghurt

2 cups non fat Yoghurt

To food processor, add:

12 squares dark chocolate

pulse until coarsely chopped

then add:

4 cups combined Yoghurt

1/2 cup orange juice

1 packed Tablespoon orange zest

1/2 cup cane sugar

1/2 teaspoon vanilla extract

1 cup Carnation Light and Creamy non fat evaporated milk (this is optional, but does improve the texture).

Chill combined ingredients for a few hours

Add to ice cream maker and freeze according to directions

*** To drain yogurt:**

Line colander with cheesecloth or two layers of paper towels. Put colander in a bowl so that there is some room below the colander for the liquid (whey) to drain into. Cover colander with aluminum foil and place in refrigerator for 8 hours or overnight. Remove yoghurt cheese from colander with a spatula and place in food processor.