



Lemon – Lavender Frozen Yogurt



INGREDIENTS

- ½ cup fat-free half-and-half
- 2 teaspoons dried lavender
- 4 cups vanilla fat-free Greek yogurt
- 2 tablespoons finely shredded lemon peel
- ½ cup lemon juice
- 1/3 cup honey
- 1 finely shredded peel
- 1 fresh lemon slice
- 1 sprig fresh lavender

Nutrition Information:

Calories: 93, Cholesterol: 1mg, Sugar: 14g, Total Carbohydrate: 15g, Protein: 8g, Sodium: 48mg

DIRECTIONS (Yields 10 servings)

1. In a small saucepan bring fat-free half-and-half just to boiling. Remove from heat; add dried lavender. Let stand 30 minutes.
2. In a large bowl combine yogurt, the 2 tablespoons lemon peel, lemon juice, honey and the lavender mixture. Cover the bowl and chill 1 hour.
3. Freeze chilled mixture in a 2-quart ice cream freezer according to the manufacturer's directions, serve at once for a softer frozen yogurt. For a firmer mixture, place in an airtight container; freeze 30 to 60 minutes. If desired, garnish servings with additional lemon peel, lemon slices and/or fresh lavender sprigs.