

# Peach Frozen Yogurt

Here's a simple and refreshing way to enjoy fresh peaches while you cool down in the warm September sun.

## Ingredients:

- 3.5 cups coarsely chopped frozen peaches (about 16 ounces)
- 1/2 cup sugar, preferably superfine (see Note)
- 1/2 cup nonfat plain yogurt
- 1 TBS lemon juice



## Instructions

Combine peaches and sugar in food processor, pulse until coarsely chopped. Combine yogurt and lemon juice in a measuring cup. With the machine on, gradually pour the mixture through the feed tube. Process until smooth and creamy, scraping down the sides once or twice. Serve immediately.

## Tips & Notes

Superfine sugar dissolves instantly, preventing a grainy texture in cold desserts and beverages. It is available in the baking section of most supermarkets, but if you can't find it, simply process regular granulated sugar in a food processor or in a clean coffee grinder until ground very fine.

# Nutritional Information

Serves: 4 (3/4 cup each)

Calories: 159

Total Fat: 0g

Saturated Fat: 0g

% Calories from Fat: 0%

% Calories from Sat Fat: 0%

Protein: 3g

Carbohydrates: 40g

Cholesterol: 1mg

Dietary Fiber: 2g

Sodium: 24mg

Potassium: 241mg

Added Sugars: 25g

Recipe from EatingWell