

Find this recipe at: <https://greenvalleylactosefree.com/in-the-kitchen/recipes/perfect-peach-frozen-yogurt>

# Perfect Peach Frozen Yogurt

Prep time: 2 hours

Servings: 6

Really want some fro yo, but could leave the belly ache? This perfect lactose-free fro yo recipe is super easy and customizable. After peach season is over, swap in any of your favorite frozen berries.

Green Valley Creamery

## Ingredients

1 cup Green Valley Creamery Lactose-Free Whole Milk Greek Yogurt

16 oz. bag frozen peaches OR 4 cups fresh peaches, sliced and frozen solid

1/4 cup Green Valley Creamery Lactose-Free Whole Milk Kefir

2 tsps vanilla extract

2 tsps agave nectar or honey

2 tsps maple syrup

1/2 tsp ground cinnamon

## Instructions

1. Combine yogurt, agave and maple syrup and vanilla extract in a medium bowl. Freeze for 1 hour.
2. Place kefir and frozen peaches in blender; blend until peaches are very small chunks.
3. Add frozen yogurt mixture to the blender with the peaches. Pulse a few times more times until mixture is incorporated.
4. Transfer back to a medium bowl and refreeze for another 1-2 hours depending how hard or soft you want your frozen yogurt.
5. Enjoy alone or with pie all Summer long!