Dinner Tonight!

Berry Frozen Yogurt

3 cups fresh or frozen and partially thawed blackberries, raspberries, or blueberries (or a cup of each)
6 Tablespoons sugar
1 Tablespoon lemon juice
3/4 cup low-fat plain yogurt

Combine berries, sugar, and lemon juice in a food processor; process until smooth. Add yogurt and pulse until mixed in.

If using fresh berries, transfer the mixture to a medium bowl, cover and refrigerate until chilled, about 1 hour.

Transfer the berry mixture to an ice cream maker and freeze according to manufacturer's directions. (Alternatively, freeze the mixture in a shallow metal pan until frozen solid, about 6 hours. Break into chunks and process in a food processor until smooth and creamy.)

Serve immediately or transfer to a storage container and let harden in the freezer for 1 to 1 1/2 hours.

Preparation Time: 10 minutes
Cook Time: 1 hour and 35 minutes (including 1 hour chilling time)
Serves: 6

Nutrition facts per serving:
Calories: 106
Total Fat: 1 g
Cholesterol: 2 mg
Sodium: 22 mg
Total Carbohydrate: 22 g
Protein: 3 g