

orange, lime or raspberry frost

sweet and cool, it's a dessert in a glass

Yield: Makes 12 ounces

ingredients:

1 c Yami plain yogurt
1/2 c orange, lime or raspberry
sherbet
1 tbsp honey
dash ground nutmeg
dash ground ginger

optional:

frozen berries of your choice

preparation:

Blend all ingredients in a blender for 10 to 15 seconds. Pour into a tall serving glass and garnish, if desired, with nutmeg, mint leaf or berries.

If you're feeling adventurous, you can try fruit or vanilla yogurt. Mix and match the yogurt flavors with the sherbet for custom combinations.

For variety, try adding your favorite frozen berries such as blueberries, strawberries or raspberries. Process the berries with 1/2 of the yogurt until smooth; add the rest of the yogurt and the sherbet and process briefly.

Yami[®]
yogurt