

Lemon-Ginger Frozen Yogurt

Source: *Bon Appétit* | May 2008

Carolyn T's
Cookbook

Servings: 6



Description: Delicious, tart, tasty.

Bring water, sugar, light corn syrup, and grated ginger to boil in medium saucepan, stirring until sugar dissolves. Boil 2 minutes. Strain into medium bowl and chill until cool. Whisk in yogurt, buttermilk, lemon juice, and lemon peel. Process in ice cream maker according to manufacturer's instructions; cover and freeze.

3/4 cup water

3/4 cup sugar

1/4 cup light corn syrup

**2 teaspoons fresh ginger, finely grated
peeled**

**1 cup plain nonfat yogurt, or use 2% if
you'd like richer**

1 cup buttermilk, low fat or regular

1/4 cup fresh lemon juice

1 teaspoon lemon peel, finely grated

Blog: Carolyn T's Blog:

<http://tastingspoons.com>

Per Serving (excluding unknown items): 176 Calories; trace Fat (2.1% calories from fat); 4g Protein; 41g Carbohydrate; trace Dietary Fiber; 2mg Cholesterol; 90mg Sodium. Exchanges: 0 Vegetable; 0 Fruit; 1/2 Non-Fat Milk; 0 Fat; 2 1/2 Other Carbohydrates.