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A cool treat to beat the summer heat

By Susie Iventosch



Oreo Cookie Frozen Yogurt Photo Susie Iventosch

It's really hard to pass by a gelato shop without at least sampling a taste! The display cases are beautifully designed in a rainbow of pastels with pieces of fruit or candy on top to depict each flavor. They are so inviting and irresistible. And, they give you a teeny tiny little plastic spoon so what's the harm really? I had an urge to try making my own frozen yogurt this summer, so we bought a Cuisinart ice cream/frozen yogurt machine and started testing our skills and sampling different flavors. The first one I tried, I used a vanilla nonfat yogurt, but it was too sweet. Then, I bought plain nonfat Greek yogurt and it was ever so much better. That is definitely the way to go. So far, I've made four different flavors - mocha, maple-pecan, huckleberry (it was a bumper crop this year . be on the lookout for a huckleberry jam recipe soon) and finally Oreo cookie! All were delicious, and this is the easiest recipe ever. You simply take Greek style plain nonfat yogurt, strain it a little to eliminate some of the liquid and then mix it with sweetener and flavoring

and turn on the machine. We haven't made ice cream yet, but with the yogurt, we find that it's best to start it just a few minutes before you want to serve it, because it can get too hard to serve pretty quickly in these little machines. If you don't have time, and want to make it ahead, just remember to take it out of the freezer for about 10-15 minutes before serving in order to allow it to soften to a serving consistency!

Oreo Cookie Euro Tart Frozen Yogurt

(Serves 4-6)

INGREDIENTS

2 cups plain nonfat Greek yogurt

1/4 cup agave syrup (use the light colored one and not the amber one)

1 teaspoon pure vanilla extract

6-8 Oreo cookies crushed

DIRECTIONS

Ice Cream Machine:

Prepare your ice cream machine by putting the freezer bowl in the freezer for two days ahead of time, so it is nice and cold. This will come into play when making the frozen yogurt. When you are ready to make your frozen yogurt, have the machine all set up and ready to go.

Yogurt:

Line a strainer with cheesecloth and place it over a bowl. Spoon two cups of yogurt into the cheesecloth and allow it to strain for about 30 minutes. Discard any liquid in the bottom of the bowl and remove the yogurt to a larger bowl. Add agave and vanilla to the yogurt and stir well. (Here is where you could add different flavorings if you prefer, like Kahlua, coffee, or Bailey's Irish Cream, or maple syrup in place of the agave, which is delicious if you're making maple-pecan or maple walnut yogurt.)

Place the freezer bowl onto your machine, place the paddle inside the freezer bowl and put the lid on the machine. (Do not pour the yogurt into the machine until everything is in place. I made this mistake and it was a frozen mess!) Turn on the machine and pour the yogurt mixture into the freezer bowl through the hole in the lid. (You may have a different kind of ice cream machine, and if so, just follow those instructions.) The yogurt will start freezing almost immediately, (mine only takes about 5 minutes to get to the consistency we like). Stir with a wooden spoon or a rubber spatula every so often to keep the yogurt from freezing to the sides of the bowl. When the yogurt reaches the consistency you like, sprinkle the Oreo cookie pieces into the bowl and allow to churn for a minute or two more.

Remove the yogurt from the freezer bowl and place it in another container to keep it from freezing too firm. Serve immediately with your favorite chocolate sauce, or store in the freezer until ready to serve.

Remember to allow 10-15 minutes for the frozen yogurt to soften up if you have frozen it ahead of time.



Photo Susie Iventosch



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