

Nut Crusted Frozen Yogurt

Courtesy of Diane Henderiks

Ingredients:

2 cups low-fat vanilla frozen yogurt
1 cup combo of almonds & pecans, toasted
2 teaspoons cinnamon
2 teaspoons ground dried ginger
2 teaspoons ground nutmeg
1 orange
1 pink grapefruit
Zests of 1 orange & 1 grapefruit
1/4 cup granulated sugar
1 teaspoon pure vanilla extract
Fresh mint leaves for garnish

Directions:

1. Scoop frozen yogurt into 1/2 cup balls and place covered in single layer in freezer.
2. Place toasted nuts in food processor, coffee grinder or blender and pulverize to soft powder.
3. Add spices to nuts and set aside.

(continued)

Directions (continued):

4. Cut peel from citrus fruits. Be careful to not cut too much flesh away.
5. Cut segments from membranes into small bowl.
6. Squeeze juice from membranes into a small bowl.
7. Combine zests, sugar and 1/4 cup water to boil, stirring until sugar is dissolved.
8. Reduce heat to low, add citrus segments and vanilla.
9. Place nut mixture in even layer on plate.
10. Roll ball of yogurt in mixture until lightly coated.
11. Repeat with remaining frozen yogurt balls.
12. Place each ball in small bowl and top with 2 tablespoons warm citrus topping.
13. Garnish with mint leaves and serve immediately.
14. Enjoy!