

STRAWBERRY GELATO

Makes 4 Cups / Gluten Free, Dairy Free (Optional), Quick

Dava Parr, Delicious Living Magazine, 7.20.11

Because berries of all kinds freeze extremely well, this simple dessert works any time of year—and you don't even need an ice-cream maker. Use the creamiest yogurt you can find, and adjust the amount of sweetener to suit the ripeness of your strawberries.

1 ½ pounds frozen strawberries

¼-1/3 cup agave nectar (to taste)

1 teaspoon fresh lemon juice

½ cup low-fat plain yogurt

(substitute non-dairy yogurt if desired)

Put half of the strawberries in a food processor and pulse until chopped. Add remaining berries, agave, lemon juice, and yogurt.

Process until smooth, scraping sides and breaking up berry chunks as needed. Serve immediately, or transfer to a small container

and freeze, 20–30 minutes. (If it freezes solid, pulse again in food processor before serving.)

PER SERVING (½ cup): 69 cal, 0g fat (0g mono, 0g poly, 0g sat), 1mg chol, 1g protein, 17g carb, 2g fiber, 11mg sodium