

Mixed Berry Frozen Yogurt Sherbet

This mixed berry frozen confection works well with any combination of blackberries, strawberries and raspberries. I used 4 cups of ripe, sweet blackberries and 1 cup of strawberries. Rinse the berries just before starting. Clean and cut the strawberries, if using them.

Ripe, sweet berries work the best. Adjust the sugar to your liking if your berries aren't sweet enough or you prefer a sweeter end result. Add additional sugar a tablespoon at a time, carefully tasting (it may be hot!) until the sweetness is to your liking.

Add into a medium saucepan:

4-5 cups mixed berries, cleaned
¼ cup sugar (or more)
¼ cup water
1 ½ teaspoons lemon juice
½ teaspoon cinnamon

Stir the mixture well. Bring it to a boil and then reduce the heat. Simmer uncovered for about 10 minutes, stirring occasionally. The juices of the berries will emerge and the mixture will get thick.

Remove the berry mixture from the heat. After it cools, about 15 minutes or so, run it through a food mill to extract the juices. (If you don't have a food mill push the mash through a sieve using a large wooden spoon.) Discard the seeds.

Stir in:

6 oz container So Delicious Plain or Vanilla Coconut Yogurt (alternatively, use soy or dairy yogurt)

Pour the mixture into a ceramic or glass bowl and refrigerate until cold—overnight is best but if you can't wait that long a few hours will do.

Freeze according to your ice cream maker instructions.