

# Fresh for kids™ Frozen fresh peach yoghurt



**SYDNEY MARKETS™**

*Supplying quality fresh fruit & vegetables*

## Fresh for Kids™ Frozen fresh peach yoghurt

### Ingredients:

500g Greek-style thick natural yoghurt  
2 cups reduced fat vanilla custard  
3 cups water  
1/2 cup demerara sugar  
6 slipstone peaches, halved and seeds removed  
ice-cream cones, to serve

### Health benefits:

#### Peaches

Peaches are an excellent source of the type of carbohydrate that has a low glycemic index, which means it is absorbed slowly and will provide a child with sustained energy.

Bursting with vitamin C, peaches also contain the powerful antioxidant beta-carotene.

### Method:

**1.** Combine yoghurt and custard in a large mixing bowl. Whisk until well combined. Pour mixture into a 2.5-litre airtight plastic container, cover and freeze for 3–4 hours or until lightly frozen.

**2.** Meanwhile, combine water and sugar in a large saucepan. Stir over medium heat until sugar dissolves and mixture boils. Add peaches and reduce heat to medium-low. Cover and cook, stirring occasionally, for 10 minutes or until tender. Drain peaches and set aside to cool. Remove skins from cooled peaches and roughly dice flesh.

**3.** Remove yoghurt mixture from freezer and roughly break mixture up using a spoon. Place mixture in a food processor or blender and process or blend until smooth.

**4.** Fold peaches into yoghurt mixture until just combined. Pour mixture into the airtight container, cover and freeze for 5 hours or until firm. Serve scoops of yoghurt in ice-cream cones or in serving bowls.

**Makes:** about 1.8 litres

**Preparation:** 30 minutes (+ freezing time)

**Cooking:** 15 minutes

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