



New Orleans Berry Freeze

1 cup Creamed cottage cheese (beat until smooth)

1-1/2 cups plain yogurt

1 cup honey

½ tsp vanilla

Fresh strawberries, raspberries, or blueberries

Beat cottage cheese until smooth. Add yogurt, honey, and vanilla. Beat until very smooth. Pour mixture into 8 paper liners (Muffin size) placed in muffin pan cups. Freeze until firm.(about 2 hours).

To serve, remove from paper cups and put into serving dishes. Let stand 15 minutes at room temperature to soften slightly. Serve with berries.

If storing in freezer longer than 2 hours, wrap in foil.

Steve Smith