

Fall Spiced Plum Frozen Yogurt



8 whole plums, chopped (leave skin on)
2/3 C sugar
1 t Cardamom, ground
1 t Saigon Cinnamon
1 t Cloves, ground
1/2 t Vanilla (or use whole bean)
1/3 C water
2 T lemon juice
3 C whole milk yogurt, chilled

Place plums in a saucepan and add sugar, spices and water.

Cook over medium heat, stirring often, until plums are very soft, about 10-15 minutes.

Strain mixture through a medium sieve into a large bowl, pressing through as much of the fruit as you can (save what's in the strainer!)

Into the large bowl, stir in the lemon juice. Cover and refrigerate mixture for approx. 2 hours.

Whisk yogurt into the chilled plum puree.

Use an ice cream maker, or pour into a freezer-safe bowl and freeze.

--Remove from freezer approx. 1 hour before serving--

Captain's Note:

The leftovers from straining the fruit make a fantastic "jam" type of topping that's amazing on oatmeal, or toast!