

Homemade Frozen Yogurt

The great thing about frozen yogurt is that it's guaranteed to be a hit any time of year! Your kid can learn about the process of making frozen yogurt—and enjoy a flavorful dessert. Nothing beats a homemade treat fresh from the freezer.

What You Need:

- 2 cups plain yogurt
- Plastic container with lid
- Fork
- Mixing bowl
- Flavoring for the yogurt
- Timer
- Paper
- Pencil

What You Do:

1. Start by brainstorming with your child what flavor of yogurt your child would like. Frozen yogurt is just like ice cream, but instead of using milk and eggs, the main ingredient is yogurt—and it can be any flavor you want!
2. Invite your child to measure and add the plain yogurt to a mixing bowl. Now she can add whatever flavoring she would like, tasting as she goes. When she's happy with how her yogurt tastes, it's time to get freezing!
3. Frozen yogurt is often made by using an ice cream maker, but it can also be churned by hand, which allows your child the ability to control how smooth her frozen yogurt is.
4. Invite your child to put the yogurt mixture in a plastic container with a lid, giving the mixture a stir with a fork. Now she can place the yogurt in the freezer and set the timer for 15 minutes.
5. Offer your child a paper and pencil to create a chart documenting how long it takes for the yogurt to freeze. She can even make a guess and see how close she comes when the frozen yogurt is finished!
6. When the timer dings, invite your child to take the yogurt out from the freezer and give the mixture a good stir with the fork, and then place it back in the freezer, setting the timer for another 15 minutes.
7. Your child can continue stirring and freezing every 15 minutes until her frozen yogurt is set! All that's left is to scoop some out for all her friends and family and enjoy!



Did you know: frozen yogurt didn't hit the scene until the 1970s? It wasn't well-received at the time, but over time has turned into a popular and healthy warm-weather treat!