

Synopsis

Sweet and healthy frozen desserts, from ice pops, shaved ice, and granitas to frozen yogurt, sorbet, and dairy-free ice creamâ”from the co-author of Little Bites. When the days turn hot, or when you're looking for that perfectly refreshing and light dessert or snack, ice pops are a natural, as are slushies, granitas, frozen yogurt, ice cream, shakes, floats, and more. In *Icy, Creamy, Healthy, Sweet* author Christine Chitnis has you covered. With 75 recipes for a full range of frozen sweets, you'll find healthy treats that use fresh fruits, vegetables, and herbs, that are free of refined sugars, and that include vegan and dairy-free options. The results are flavorful, unique, refreshing, and healthyâ”making the whole experience a little sweeter.

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Customer Reviews

View larger Ingredients 2 cups plain whole milk yogurt 1/3 cup honey 1/2 teaspoon pure vanilla extract 1/4 teaspoon salt 2 cups fruit of your choice (such as blueberries, strawberries, cherries, raspberries, chopped peaches) Frozen Yogurt Bark Makes 10 To 15 Pieces Of Bark

This bark is a take on traditional chocolate bark, and it works perfectly as a fun-size frozen treat. The yogurt base is simpleâ”plain whole milk yogurt sweetened with a bit of honey and a dash of vanilla extractâ”and from there this recipe is open for experimentation. You can simply throw in a couple cups of berries or chopped peaches, or you can get fancy, combining fruits, even adding nuts, chocolate chips, or seeds for crunch. Just be sure the mixture is spreadableâ”that's the key! Instructions 1. In a large bowl, whisk together the yogurt, honey, vanilla, and salt. 2. If the fruit you're using is large and has pits or stems (such as

strawberries, cherries, or peaches), prepare the fruit by pitting/hulling/peeling and roughly chopping it. Raspberries and blueberries can be used whole. Gently stir the fruit into the yogurt mixture until just combined. 3. Pour the yogurt onto a baking sheet lined with parchment paper, using a spatula to spread it out smoothly and evenly. Give the fruit a bit of a press with the spatula to even out the surface. Freeze the baking sheet overnight and, when ready to serve, cut or break the sheet of yogurt into pieces. Store the yogurt bark in a lidded freezer-safe glass container with the layers of bark separated by parchment paper in the freezer for up to 2 weeks.

View larger Blueberry Lemonade Snow Cones Makes 1 cup syrup Plump, sweet blueberries pair with tart lemonade in this refreshing syrup perfect for drizzling over shaved ice. First a blueberry sauce is made by simmering down berries with a dollop of honey; once strained, the rich blue liquid is added to freshly squeezed lemonade for a refreshing sweet-sour combination. Instructions 1. In a small bowl, whisk together 1 tablespoon of the water and the arrowroot starch until dissolved. Set aside. 2. In a small saucepan, combine the blueberries, the remaining 1 tablespoon water, and the honey. Place over medium-low heat, bring to a simmer, and cook until the berries begin to soften and release their liquid, 5 to 7 minutes. Add the arrowroot slurry to the pan and stir to incorporate. Remove from the heat and allow to cool and thicken. Strain the syrup through a fine-mesh sieve into a bowl, pressing on the solids to make sure you extract all the berry juice. Compost the solids. Add the lemon juice to the syrup and stir. 3. Using a shaved ice machine, a hand ice shaver, or a blender, prepare your shaved ice. 4. For serving, add about 2 heaping cups of shaved ice to a small cup or paper cone and drizzle the syrup over the ice just enough to color it but not enough to melt the ice, about 1/3 cup. Note the juice is quite strong on its own but works perfectly when drizzled over shaved ice. 5. Store the syrup in a glass bottle with a tight-fitting top. It will keep for up to 2 weeks in the refrigerator. Ingredients 2 tablespoons water, divided 1 teaspoon arrowroot starch 2 cups blueberries 2 tablespoons honey 2/3 cup freshly squeezed lemon juice (from 3 to 4 lemons) About 2 heaping cups shaved ice per person

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