Yogurt and Fruit Smoothie

Makes 1 quart of yogurt

1 quart 2% milk (may use whole, 1% or skim milk)
¼ cup plain whole milk yogurt

Have a 1 quart jar with a screw-on lid (or several small jars) clean and boil water. Pour the boiling water into the jar and let it stand for 5 minutes to sterilize it. Pour out the water and set aside.

In a large, heavy-bottomed saucepan heat the milk until it reaches 180 degrees on a thermometer. Remove from heat, keeping the thermometer in the pot.

When the temperature drops to 115 degrees, stir in the yogurt until thoroughly incorporated. Pour the mixture into the jar and screw on the lid.

Place the yogurt in a warm place and leave it undisturbed for 12 to 14 hours. You can wrap the jar with a towel if your house is a bit cool. For a thicker, tangier yogurt, let yogurt sit an additional 3 to 5 hours.

Refrigerate yogurt for at least 3 hours before using.

Combine:
1 cup homemade yogurt as prepared above
¾ cup fresh or frozen berries
¼ - ½ cup skim milk
½ cup ice cubes
2 teaspoons honey, sugar or Splenda (optional)

Instructions:
Place the yogurt, berries, and the milk in a blender. Blend on high for 30 seconds. Use the smaller amount of milk if your berries are juicy.

Add the ice cubes and blend on high for another minute.

The sweetness of the smoothie can be adjusted with the honey, sugar or Splenda.
Serve in your favorite fun cup and garnish with fruit.

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