



## **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*