



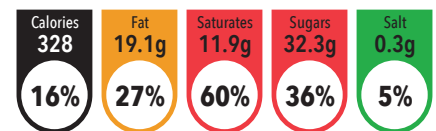
## LOSALED CARAMEL FRO-YO

 **Prep:** 15 minutes plus chilling and freezing

 **Cook:** 5 minutes

 **Serves:** 4-6

Each serving contains



of your guideline daily amount

### INGREDIENTS:

- 50g unsalted butter
- 50g dark brown soft sugar
- ½ x 397g can condensed milk
- ½ tsp **LoSalt**
- 250g low fat natural yogurt
- 100ml double cream
- 400g mixed fresh strawberries and raspberries

### METHOD:

1. Melt the butter and sugar in a small saucepan and gently cook for 2 minutes, stirring constantly.
2. Add the condensed milk and bring to the boil, stirring and cook for 1 minute, stirring all the time to give a thick golden caramel. Stir in the **LoSalt** and allow to cool then stir in the yogurt. Chill.
3. Whisk the cream to soft peaks and stir into the yogurt. Freeze for 1 hour then stir, freeze for a further 1½ hours or until the yogurt has just frozen.
4. Serve with the fresh fruit.