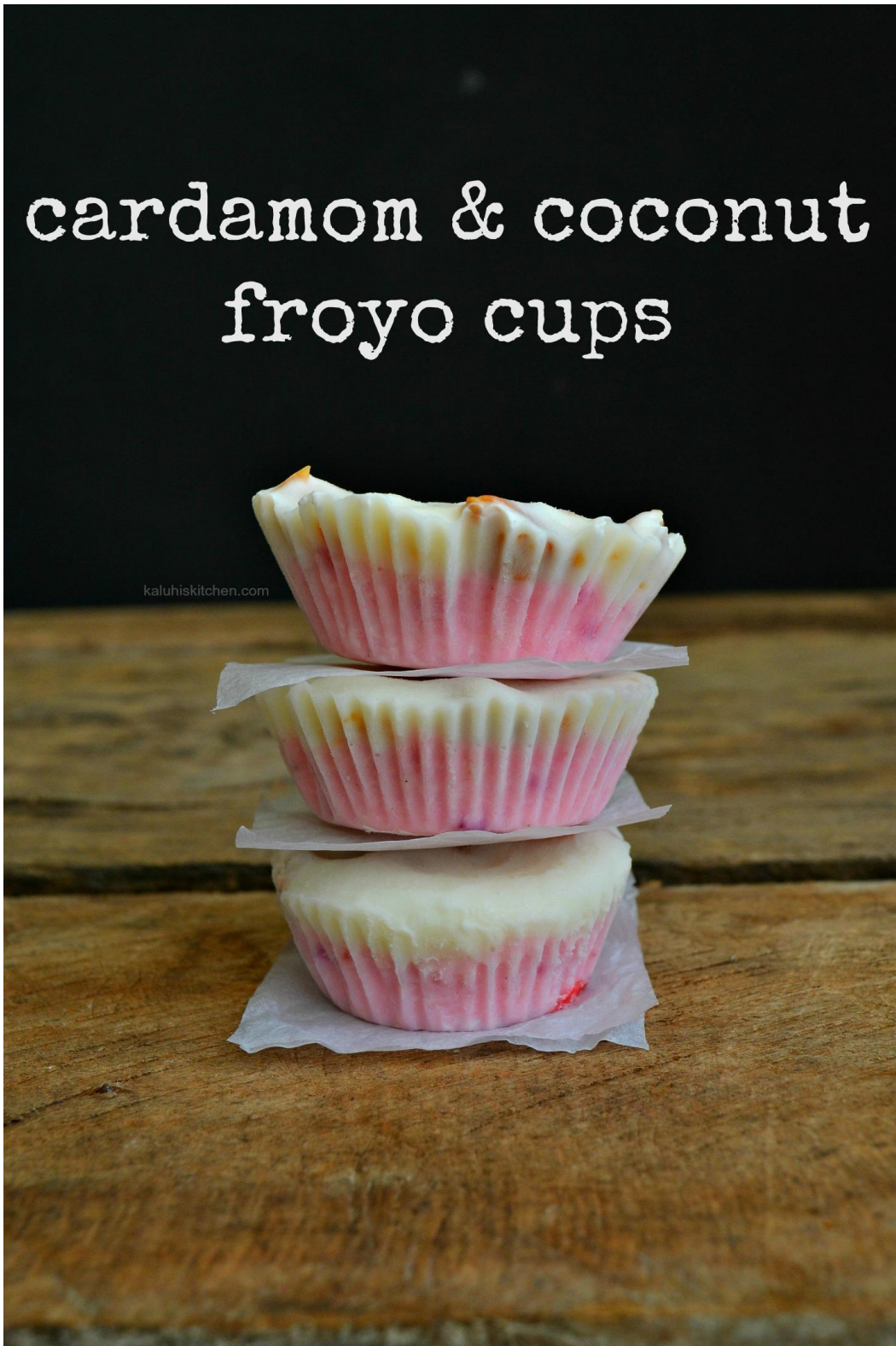


cardamom & coconut froyo cups



Nothing makes the perfect alternative to ice cream and perfect snack on for a hot February afternoon more than my cardamom and coconut froyo cups.

Ingredients

Vanilla yogurt
1 1/2 a tablespoons of desiccated coconut
1/2 a teaspoon of cardamom
1/2 a teaspoon of beetroot
1 1/2 tablespoon of unsalted ground nuts

Method

Put your desiccated coconut, beet root and ground cardamom a small bowl. Add yogurt to this and mix it in. This will take about three tablespoons. Once evenly mixed, scoop this into your cupcake paper and put in the fridge to solidify. This will take about an hour.

As that is going, slightly crush you nuts. Just slightly crush them but do not pulverize them. Pour some yogurt over them, about three tablespoons and mix it in and set aside. After the first half has solidified, remove from freezer and top it with the other yogurt. Return to the fridge and allow this too to set. Once it is frozen, peel off the paper and serve.



SERVE WITH: on its own

This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/nutty-cardamom-and-coconut-froyo-cups/>