Strawberry Yoghurt

Ingredients:

2 cups fresh strawberries

2 tablespoons sugar

2 cups plain or Greek yoghurt

1 teaspoon vanilla extract (optional)

1. Wash, hull and chop strawberries.
2. Place strawberries in a bowl and sprinkle with sugar. Toss gently to coat them evenly. Let sit for about 15 min to release their juiced and soften
3. Transfer strawberries and their juice to a blender. Blend until you achieve a smooth puree. You can adjust the texture according to your preference. Some people like to leave small chunks of strawberries for added texture.
4. In a separate bowl, whisk the plain yoghurt until it becomes smooth and creamy. If desired add vanilla extract for the extra flavour and mix well.
5. Combine the strawberry puree with the yoghurt stirring gently until the mixture is well incorporated.
6. Taste the yoghurt and adjust the sweetness by adding more sugar if needed.
7. Pour the strawberry yoghurt into clean and sterilised glass jars or containers with airtight lids.
8. Place the jars in the fridge and let it set and develop its flavours for at least 4 hours or overnight. It can last for 5-7 days in the fridge when stored in a sealed container. The freshness of the strawberries will affect the longevity of the yoghurt.
9. Serve when cool. Great as a snack or for breakfast with granola.