



Lemon Yogurt Frosting

Dannon brand works best for draining because it is made with pectin and contains no gums or additives. You'll want to start with three cups (four 6 oz containers).

You'll need a colander or wire strainer and cheesecloth or coffee filters. Line the colander with the cloth or filters, place it over a deep bowl and spoon in the yogurt. The bowl doesn't have to be large but make sure it's tall enough so that the bottom of the strainer doesn't sit in the draining liquid. You'll end up with about 1 1/2 cups of yogurt and 1 cup liquid after draining, but you will only be using the yogurt.

Place it in the refrigerator for at least 16 hours (longer is ok!) until the yogurt drains and resembles the consistency of light cream cheese.

You are now ready to make the frosting. If you'd like to keep it as simple and healthy as possible, add 1/2 tsp vanilla and whip it up with an electric mixer. It will be on the thinner side, but not overly runny and will have a yogurt flavor. If you'd like it thicker, you can add 1 Tbsp of cornstarch. If you'd like a thicker, sweeter frosting with less of a yogurt taste, whip the 1 1/2 cups drained yogurt with 1/2 tsp vanilla, 6 Tbsp powdered sugar and 3 Tbsp cornstarch. You can then add additional powdered sugar, 1 Tbsp at a time, until it reaches your preferred level of sweetness.

You can also meet in the middle of the two recipes - it's pretty flexible! Don't expect it to spread like a thick buttercream or cream cheese frosting, but it's definitely thicker than an icing and a refreshing, healthy alternative. You can store it covered in the fridge for about a week, and if you're anything like me, you're already thinking of all the treats that this frosting would be good slathered on...

INGREDIENTS

3 cups Dannon lemon yogurt
1/2 tsp pure vanilla extract
powdered sugar
cornstarch