

Yogurt Delight (Daddy's Ice Cream)

1 single serve yogurt any flavor

1 serving of NuPlus (stir, blend thoroughly)

Thin with liquid bringing back to yogurt consistency.

(Unsweetened Vanilla Almond Milk "Blue Diamond" my favorite, Rice Milk, Milk, Soy Milk etc.)

Add Sunny Dew to taste

Top with some fresh fruit

Serve room temperature or chilled