



CLASSIC YOGHURT CREAM

QimiQ BENEFITS



15



easy



Tips

Use quark, kefir or buttermilk instead of yoghurt as an alternative.

You can reduce the calories by replacing the sugar with 5 g of sweetener (Natreen liquid).

INGREDIENTS FOR 10 PORTIONS

200 g QimiQ Whip Pastry Cream, chilled

200 g Low fat yoghurt

25 ml Lemon juice

80 g Sugar

80 g Lemon peel

TO DECORATE

Lemon peel

Lemon juice

Mint

METHOD

1. Lightly whip the cold QimiQ Whip Pastry Cream (previously QimiQ Whip) until completely smooth, ensuring that the entire mixture is incorporated (especially from bottom and sides of bowl).
2. Add the yoghurt, lemon juice, sugar and lemon zest and continue to whip until the required volume has been achieved.
3. Pipe into dessert glasses and chill well.
4. Serve decorated with lemon zest, thickened lemon juice and mint leaves.