

Yogurt Crème Brûlée

Prep Time: 20 minutes

Servings: 4 servings

Ingredients

- 2 cups Yogurt Plain
- 1 teaspoon vanilla extract
- 2 tablespoons maple syrup, honey, or agave
- 4 tablespoons granulated sugar

Instructions

- 1 In a medium bowl whisk together yogurt, vanilla extract, and maple syrup.
- 2 Divide the mixture evenly among 4 (6-ounce) ramekins, smoothing the top of each.
- 3 Place the ramekins in the freezer for about 15 minutes to chill or in the refrigerator for about 30 minutes.
- 4 Remove the ramekins from the freezer and top each with a heaping tablespoon of sugar.
- 5 Heat the sugar with a culinary torch or under a broiler for 1–3 minutes or until the sugar has caramelized.
- 6 Cool for 2–3 minutes and serve with fresh berries of your choice.