

Rich Coffee Soft Serve

Serves 2

This dessert from Lynne Char Bennett features the same method as cold-infused coffee concentrate, only using cream. It results in a beverage that's less bitter than one that infuses ground coffee into warm/hot cream. This dessert's texture is reminiscent of soft-serve ice cream albeit with a richer creaminess, so a small portion should amply satisfy.

1/4 cup coarsely ground coffee

3/4 cup heavy cream

2 1/2 to 3 teaspoons Splenda or sugar, or to taste (see Note)

Drop or two of vanilla extract (optional)

1/2 cup low-fat yogurt

Maldon salt (optional)

Instructions: Stir coffee into cream. Cover and refrigerate at least 12 hours, stirring once or twice. Use a double layer of cheesecloth or fine mesh sieve and strain into a mixing bowl (or you can use a press pot). Add Splenda and vanilla, if using. Whip into firm peaks then fold in yogurt. Taste and adjust sweetness. An optional sprinkle of Maldon salt just before serving will perk up the flavors.

Note: The amount of sweetness needed will depend on the tanginess of the yogurt. If you don't need to watch carbs, you can easily use sugar instead of Splenda. If that is the case, a garnish of chopped chocolate-covered coffee beans is a great addition.

Alternate: For a quick version with intense coffee flavor, dissolve 2 to 3 teaspoons espresso powder in 2 teaspoons of espresso. Thoroughly mix that into 1/2 cup heavy cream along with 2 tablespoons sugar or to taste. Whisk to stiff peaks; fold in 3/4 cup low-fat yogurt. If made very much ahead, this version will need to be refolded since the espresso will eventually settle at the bottom.

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