Honey Frozen Yogurt

1 cup plain Greek-style thick yogurt (nonfat works fine)
3/4 cup honey
1/2 cup buttermilk (skim or low fat works well)

In a large bowl, stir together the yogurt, honey, and buttermilk until all the ingredients are well blended and smooth. Chill the mixture in the refrigerator until it is very cold and then transfer it to an ice-cream maker. Process until the mixture thickens, approximately 25–30 minutes. Transfer it to a flat airtight container and freeze to firm.

Five to ten minutes before serving, take the Honey Frozen Yogurt from the freezer and let it sit on the counter to soften a bit.

Serves 8