

Phoenix Frozen Yogurt Directory

Written by Written by Christine Whitton

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From Main Street to your street, the sweetest (and often mother-approved) temptation is back in business. Once overlooked by ice cream lovers, frozen yogurt is now sought after for its slimming benefits. From bodacious flavors to towering toppings, one thing's for certain: Valley residents will be back again and again for flavorful fro yo.

Ice Tango

This Scottsdale frozen yogurt shop offers exceptional desserts sure to please even the most finicky of taste buds. Savor refreshing smoothies, frozen yogurt and warm dessert crepes folded with Nutella. And with summer nights topping the mercury, the cooling blueberry-, mango- and pear-flavored frozen yogurts sound divine. You decide the toppings. 480.767.2665, www.icetango.com.

Sweet Republic

Located at the corner of 92nd Street and Shea Boulevard, this artisan creamery is as people-friendly as it is eco-friendly. Each day, the featured fruit is hand-selected, peeled, pitted and pieced before being slow-churned and served. With both hard- and soft-scoop options available, guests can mix and match their desired cool concoctions. 480.248.6979, www.sweetrepublic.com.



Freshberry Frozen Yogurt Café

With fro yo being the benefit to beach-bathing goddesses everywhere, acai berry (one of Freshberry's heart-healthy flavors) is the added bonus. Freshberry also boasts tart, decadent dark chocolate, sugar-free vanilla, strawberry, mango and pomegranate flavors. So in the spirit of summertime slim down, let's delve in. 480.614.5342, www.freshberry.net.

Golden Spoon Yogurt

This West Coast sensation has nine Valley spots, with one essentially in every neck of the woods. At Golden Spoon, four classic flavors plus six to eight lip-smacking selections rotate on a monthly basis. With yummy peanut butter cup and Belgian chocolate to seasonal sensations like eggnog and pumpkin pie, sweet satisfaction is only a spoonful away. 480.767.1129, www.goldenspoon.com.

Desert Swirl

With locations in both the East and West Valleys, faithful followers of Desert Swirl enjoy eight daily flavors chosen from a rotation of more than 217. Not sure what variation you desire? Enjoy the sweet sampling of any eight flavors before coming to a cool conclusion. What's more, there are 40-plus toppings to sprinkle, layer or tower on top. 602.548.0979.



Yogurtini

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The Valley's original self-serving frozen yogurt bar is dishing up some of the best sweets in Tempe. With unique tongue ticklers like green tea and lychee, the owners—who are also sisters—teamed with California-based Sambazon Co. to create their own unique twist on acai berry frozen yogurt. Ten velvety flavors (and one non-dairy) and 60 candy-coated toppings help to top off this sweet shop. 480.264.6805, www.yogurtini.com.

A Touch of Yogurt

Swing by Washington Street and First Avenue for a refreshing summer cool down. Here, those minding their waistbands are treated to healthy, nonfat frozen yogurts, smoothies, sorbets and Italian ices. With eight flavors rotated daily and 40 varied toppings, dessert mavens can create their perfect, edible masterpiece. www.atouchofyogurt.com.

Spoon Me

Enlisting the use of its very creative Web site to entice readers, this Utah-based company recently ventured to Tempe. Determined to keep it simple, Spoon Me offers its clientele three all-natural, sinfully good flavors of plain, green tea and acai berry frozen yogurts. What sets it apart from its neighbors is its 26 sweet and crunchy toppings. 480.966.2333, www.spoonme.com.



TCBY

For more than 25 years, this old faithful has stood strong awaiting the sweet return of frozen yogurt with its 60 rotating flavors. The ooey-gooey goodness of caramel fudge éclair sprinkled with graham cracker crumbs sounds like the perfect cool-down concoction on this sizzling summer day. www.tcb.com.

Red Mango

Stay tuned for the highly anticipated opening of Red Mango. With an idea that originated overseas and spread throughout Los Angeles and New York, this extremely addictive all-natural frozen yogurt cafe paved the way for many to follow. Offering only three tart flavors (plain, green tea and pomegranate by POM Wonderful) this highly successful chain profits from keeping it simple. So, grab a spoon and dig in. www.redmangousa.com.

Mojo Yogurt

From the chic coast of Cali comes a trendy new sweet shop swirling tart, fruit, classic, exotic and skinny flavors with catchy names like White Boy Vanilla and PB & Yo. Keeping with its funky-fresh vibe are the array of organic fruit and exotic dry toppings. So, not only is your Mojo heart-healthy, it's earth-friendly. www.mojoyogurt.com.



Yogurtology

As the mercury rises and triple digits become a reality, swing by Scottsdale's Yogurtology and chill out. Family-owned and -operated, these cool concoctions are best described as works of art. Choose from 12 fresh flavors, 60 different toppings and fat-, dairy-, gluten- and sugar-free options. www.artofyogurtology.com.

Yogurt Builderz

Schools out! So what better way to break routine than a quick trip to your favorite sweet shack? With more than 50 flavors in rotation and choice cereal, candy and fruit toppings, Yogurt Builderz allows frosty fans to layer on the sweet stuff. Located in North Plaza between Scottsdale and Thunderbird Roads, this happening hotspot charges by the ounce. 480.607.5146, www.yogurtbuilderz.com.