

The Valley's Frozen Yogurt Spots

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We can admit it: The Valley is caught up in frozen yogurt frenzy. Everywhere you look there is a new frozen yogurt shop popping up, and we definitely are not complaining. Gone are the days of boring chocolate or vanilla. Yogurt shops are shaking it up by offering exotic flavors like lychee tart and pomegranate-raspberry or flavors to satisfy your sweet tooth like birthday cake or cookies and cream. Especially with the weigh-pay-and-go method, you truly have the power of choice in deciding how many toppings and much yogurt. Either self-serve or the old-fashioned way, it's equally delicious and we guarantee that once you start yogurt-ing, you won't want to stop.



Yogurtland

A self-serve delight, Yogurtland offer tons of flavors, along with a toppings bar made up of fruit, nuts, cereal, candy and other goodies. The sweet spot offers sugar-free flavors along with three or more tart flavors everyday. Plus, with four Valley locations, you'll find one nearby. www.yogurt-land.com.

Tasti-D-Lite

Located in North Scottsdale, Tasti-D-lite has some of the healthiest yogurt around, all from 70 to 100 calories per serving. Cups ranging in size from small to large are available as well as waffle, sugar, cake and dipped cones. Have lots yogurt-craving mouths to feed? No worries. Tasti-D-lite also has yogurt cakes which serve 10 as well as take-home pints. Plus, they'll be happy to make special occasion cakes. www.tastidlite.com.

Zen Zen Yogurt

Newly opened Zen Zen Yogurt, in Arcadia, will be sure to cool you off with both snow cones and yogurt. With 12 different syrup flavors for the snow cones and a toppings bar for the yogurt, they have everything you'd want to top off a perfect summer day. www.zenzenyogurt.com.

A Touch of Yogurt

Since 1987, A Touch of Yogurt has been Downtown fulfilling our yogurt needs. To make sure you don't miss your favorite flavor, they have an online calendar of their daily alternating varieties. And they don't just stop at yogurt; A Touch of Yogurt dishes up flurries, smoothies, Italian ices, sorbets and yogurt cookies sandwiches. www.atouchofyogurt.com.

Mojo Yogurt

This yogurt store is popping up everywhere with located at Biltmore Fashion Park, CityNorth, Tempe Marketplace and along Mill Avenue. Not only can you swirl, weigh and pay here, but you can also blend your creation into a smoothie. Mojo has a non-dairy flavor and sugar-free flavor daily along with some crowd favorites like cake batter and cookie monster. Since it is self-serve, you're in charge of picking from the yummy toppings bar, making it just how you like it. www.mojoyogurt.com.