



Snack

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Frozen Yogurt-Covered Blueberries

Helpful Hints

Try this recipe with any fruit and yogurt combo.

Kids love anything frozen. Freeze berries, grapes, and bananas for cool, ready-to-eat treats.

Use frozen fruit as "ice cubes" in a glass of water.

Frozen Yogurt-Covered Blueberries

Serves 4

Ingredients

2 cups fresh blueberries,
12 ounces
Nonfat blueberry Greek
yogurt, 12 ounces (optional
flavors: vanilla, honey, or
strawberry)

Directions

1. Wash and dry blueberries.
2. Place wax paper on a baking sheet.
3. Using a toothpick, dip each blueberry into the yogurt until completely coated. Place on baking sheet.
4. Repeat until all blueberries are coated.
5. Place baking sheet in freezer.
6. When frozen, serve or store in bags for later.