

Frozen Yogurt Covered Blueberries

4 SERVINGS 40 MINUTES



INGREDIENTS

2 cups Blueberries (fresh or frozen, not wild)

1/4 cup Plain Greek Yogurt

DIRECTIONS

- 01 In a bowl, combine blueberries and yogurt until well coated.
- 02 Line a baking sheet with parchment paper. Transfer individual yogurt-covered blueberries to the sheet in an even layer.
- 03 Freeze for at least 30 minutes before transferring to a freezer bag or a freezer-safe storage container. Continue to store in the freezer until ready to eat.

NOTES

KID-FRIENDLY

Serve just a few at a time as these will melt quickly after handling.

DAIRY-FREE & VEGAN

Use a dairy-free yogurt such as coconut or almond.