



Frozen Yoghurt Covered Blueberries

4 servings

40 minutes

Ingredients

2 cups Blueberries (fresh or frozen, not wild)

1/4 cup Plain Greek Yoghurt

Nutrition

Amount per serving	
Calories	53
Fat	1g
Saturated	0g
Carbs	11g
Sugar	8g
Protein	2g
Cholesterol	2mg
Sodium	9mg

Directions

- 1 In a bowl, combine blueberries and yoghurt until well coated.
- 2 Line a baking tray with baking paper. Transfer individual yoghurt-covered blueberries to the baking tray in an even layer.
- 3 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 yoghurt such as coconut or almond.