

FROSTED BLUEBERRY BITES



These frozen treats make a super healthy snack for the summer time. They also have a lot more fiber and protein than regular popsicles so they'll fuel your body and cool you down! Plus making them is entertaining, too!



Berries & Yogurt

The berries are a great source of fiber, antioxidants & vitamin C, while the yogurt is a great source of calcium & protein! Combining two food groups like this is a great way to make snacks that keep you full. Flavored yogurt can be packed with added sugar. Some sugar is naturally occurring from the milk, so compare labels between plain and flavored to make a good decision. This recipe mixed plain & vanilla together to reduce sugar.

Ingredients

- 1 pint blueberries
- 3/4 cup plain yogurt (6 oz)
- 3/4 cup vanilla yogurt (6 oz)
- Wooden Skewers or toothpicks (thinner is better)

Directions

1. Wash berries in a colander. Check for stems or moldy blueberries & remove.
2. In a small bowl, mix together the two types of yogurt.
3. Poke a berry with a toothpick and dip into yogurt mixture.
4. Place on cookie sheet lined with parchment or wax paper. Use a second toothpick to release the yogurt-covered berries. Make sure they aren't touching!
5. Freeze for at least an hour before enjoying. Once the hour is up, you can place them in a container or bag to enjoy later and pull out as you need!
6. You can also make skewers. Toothpicks will hold 4 blueberries or thin bamboo skewers hold a few more. For skewers, we recommend rolling in yogurt on a plate. Just be careful of choking hazards and pointy edges when eating!

Work Smarter, Not Harder

Think of ways to re-purpose these same ingredients! You can use yogurt and blueberries to make tasty parfaits, freeze yogurt topped with blueberries in a muffin tin, or spread yogurt on a parchment lined cookie sheet and top with berries and other toppings!

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