

FROZEN YOGURT BITES

INGREDIENTS *(For: 4 servings)*

- $\frac{3}{4}$ cup of vanilla greek yogurt
- 1 pint (approx. 2 cups) blueberries

INGREDIENTS *(Class Size: 20)*

- $3\frac{3}{4}$ cups of vanilla greek yogurt
- 5 pints (approx. 10 cups) blueberries



DIRECTIONS

1. Using a toothpick, poke the blueberry and dip in vanilla greek yogurt.
2. Put them on a wax paper-lined baking sheet and place in freezer for 1 hour.
3. Serve and enjoy once they are frozen.

COOKING TIP

Prepare larger quantities of frozen yogurt bites and after they have frozen on the baking sheet, separate them into smaller portions in freezer bags to enjoy at a later time.

FACT

Wild, or “low bush”, blueberries have a more intense taste than the sweeter cultivated, or “high bush”, blueberries.