Recipe
Ingredients:
1 (6oz) Container of fresh blueberries
1 (6oz) container nonfat blueberry Greek yogurt

Directions:
1. Start by washing your blueberries and lining a small baking sheet with parchment or wax paper.
2. Using a toothpick, dip each blueberry into the Greek yogurt and swirl until the blueberry is nicely coated with yogurt. Place on baking sheet. Continue this until all blueberries are coated.
3. Place baking sheet into freezer, and let freeze for at least an hour.

Yield 2 servings