



## July 25- Frozen Yogurt Covered Blueberries

Smart Snack

Link: <http://www.familyfreshmeals.com/2013/05/frozen-yogurt-covered-blueberries.html>

### 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

### Nutrition Facts

Serving Size 3/4 cup (170.05g)  
Servings Per Container 2

Amount Per Serving	
<b>Calories</b> 120	Calories from Fat 0
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<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 35mg	<b>1%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 2g	<b>9%</b>
Sugars 18g	
<b>Protein</b> 8g	<b>15%</b>
Vitamin A 0%	• Vitamin C 15%
Calcium 10%	• Iron 0%
<small>* Percent Daily Values are based on a 2,000 calorie diet.</small>	