



Greek Yogurt Frozen Blueberries

Ingredients:

- 1- 8 ounce container of fresh blueberries
- 1- 8 ounce container nonfat plain Greek yogurt

Instructions:

1. Line a baking sheet with wax paper.
2. Using a toothpick, dip each blueberry into the Greek yogurt and put onto the baking sheet.
3. Place baking sheet in the freezer for at least one hour, or until Greek yogurt has hardened.
4. Once frozen, transfer blueberries to a plastic bag and store in freezer.

Variations:

- Coat with different flavors of Greek yogurt such as vanilla or lemon.
- Use different fruits such as bananas, blackberries, raspberries or strawberries.

Prep Time: 10 minutes

Freeze Time: ~60 minutes

Equipment:

baking sheet
wax paper
plastic bag
toothpick (or fork)

Servings: 2

Serving Size: ½ recipe



Nutrition Facts: 110 Calories, 1 g Fat, 0 g Saturated Fat, 25 g Carbohydrates, 5 g Protein, 5 g Fiber, 18 g Sugar, 55 mg Sodium.

Check out our blog at www.cookingoncampus.arizona.edu to find past recipes and a list of upcoming classes!
For more info about nutrition and what to eat on campus, go to www.health.arizona.edu, click Health Promotion, then Nutrition.

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