



FRUITY FROZEN YOGURT BITES

Suggested by  FONDATION
RESSOURCES
POUR LES
ENFANTS
DIABÉTIQUES

INGREDIENTS

- 2 containers of Yoplait Source yogurt 630g
- Field berries
- Vanilla
- 1 box of
 - Raspberries
 - blueberries

* Multitude of possible fruit choices

PREPARATION TIME

- Preparation | 5 minutes
- Ready in | 2:05
- Servings | 20

6G OF CARBS PER BITE

METHOD

- Get out of the muffin cups (ideally silicone)
- Pour 2 tablespoons of yogurt into each mold. Each container of yogurt will yield approximately 10-12 bites. So you can repeat the process for the other container.
- Add 1 tablespoon of fresh fruit to each miniature yogurt mold to match colors:
 - Raspberries on vanilla yogurt
 - Blueberries on Berry Yogurt
- Place the muffin tins in the freezer for about 2 hours or until firm.
- Remove the molds from the freezer when ready to serve.