



Fro-Yo Bites

Prep Time: 15 min Cook Time: 2 hours Servings: 6

Ingredients:

- 2 cups of plain greek yogurt
- 2 Tbsp honey
- 1 tsp vanilla extract
- 2 pints of fresh berries
- Toothpicks

Instructions:

1. Mix together the yogurt, honey and vanilla extract.
2. Line a baking sheet with parchment paper.
3. Put your berries on a toothpick, make sure to keep enough room at the end to hold onto.
4. Swirl your berries in the yogurt until they are well coated then place them on the baking sheet. Continue until all of the berries are coated in yogurt.
5. Put in the freezer for about 2 hours, then enjoy!

Plain greek yogurt is a great source of protein!



If they are going to be in the freezer for more than 2 hours, it is a good idea to put them in a sealed container.