



FRO-YO BLUEBERRY-LEMON BITES

Ingredients

- 1 pint fresh blueberries
- 2 cups nonfat Greek yogurt, lemon-flavored
- 1 tablespoon honey
- Non-stick pan spray

Directions

1. Wash hands and prepping area. Rinse blueberries under cool water and dry them completely.
2. Line a baking sheet with parchment paper or nonstick mat, set aside.
3. Mix together yogurt and honey in a medium size bowl, and gently fold in a few blueberries and coat with the yogurt mixture.
4. Using a fork, slowly lift one blueberry at a time and place on baking sheet apart from each other. Continue with remaining blueberries.
5. Place baking sheet in freezer for about 1 hour or until completely frozen.
6. Store in an airtight container in the freezer; the blueberry bites will last about 1 month.

Nutrition Facts per serving:

Serves: 4
Serving size: 15 bites
Calories - 30
Saturated Fat - 0g
Sodium - 5mg
Carbohydrates - 6g
Sugars - 1g

Note: You can also try mixing the fruit and yogurt together, then pouring it in small ice cube trays before freezing!