

NSK Frozen Yogurt Blueberries

2 ingredients · 40 minutes · 4 servings



Directions

1. In a bowl, combine blueberries and yogurt until well coated.
2. Line a baking sheet with parchment paper. Transfer individual yogurt-covered blueberries to the sheet in an even layer.
3. Freeze for at least 30 minutes before transferring to a freezer bag or a freezer-safe storage container. Continue to store in the freezer until ready to eat.

Ingredients

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|----------------|-------------------------------|
| 2 cups | Blueberries (fresh or frozen) |
| 1/4 cup | Plain Greek Yogurt (organic) |

Notes

Kid-Friendly

Serve just a few at a time as these will melt quickly after handling.

Dairy-Free & Vegan

Use a dairy-free yogurt such as coconut or almond.

Sweeter

Swirl some honey or maple syrup into the yogurt before dipping.