



Frozen Strawberry Yogurt Bites

Introduction:

These sweet treats are good for you and a fun snack that the whole family can make together.

Prep time: 15 minutes plus overnight to freeze

Makes: 12 cups

Ingredients:

- 32 oz. container Greek yogurt, no sugar added
- 4 cups sliced strawberries
- 2 Tbsp honey

Directions:

1. Wash and dry the strawberries.
2. Slice the strawberries into pieces.
3. Combine the yogurt, strawberries, and honey in a large bowl.
4. Place one and a half spoonfuls of strawberry and yogurt mixture into a muffin cup. You can also use an ice cube tray with popsicle sticks.
5. Place in the freezer until frozen or overnight.
6. Take out and enjoy for a cool, yummy snack!