

Frosty Blueberries

Traffic light category: **Green**

Ingredients

- 1 punnet fresh blueberries
- 170g reduced fat yoghurt e.g. vanilla, blueberry or honey Greek



Method

1. Wash blueberries, drain well
2. Line a baking tray with baking paper
3. Place the yoghurt in a bowl, add blueberries, gently stir until blueberries are coated
4. Using a teaspoon scoop out each blueberry individually and place on baking sheet (use a toothpick if you are scooping out too much yoghurt)
5. Place tray in the freezer for 1 hour. Ensure the tray is on a flat surface
6. After 1 hour your Frosty Blueberries are ready to enjoy; or place them into a zip lock bag for a healthy snack another time.

Top tip:

Ask the kids to suggest their favourite flavour of yoghurt and get them to make their own Frosties

