

Frozen Yogurt Cups

Looking for something sweet after dinner? How about a mid-morning snack? Keep these frozen yogurt cups in your freezer for a great grab-and-go snack.

Ingredients

Makes 12 Servings

- 3 cups non-fat yogurt (strawberry or vanilla work nicely)
- ½ lb strawberries, chopped in small pieces or mashed
- 1 cup frozen blueberries
- 12 cupcake papers/tins



Instructions

1. Place cupcake papers into cupcake pan.
2. Scoop ¼ cup yogurt into each cupcake paper.
3. Add strawberries and blueberries. Press fruit down into yogurt.
4. Place yogurt cups into the freezer for roughly 4 hours, or until completely frozen.