

Lemon & Blueberry Yogurt Bites

RECIPE MAKES: 12 SERVINGS

INGREDIENTS

- 2 cups plain Greek yogurt
- 1 Tbsp. lemon juice, freshly squeezed
- 2 Tbsp. honey
- 1 tsp. vanilla
- 1 ¼ cup blueberries

NUTRITION INFO

Nutrition Facts	
servings per container	
Serving size	1 Individual Muffin
Amount per serving	
Calories	45
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 7g	3%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 3g Added Sugars	6%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 42mg	4%
Iron 0mg	0%
Potassium 68mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PREPARATION

1. Combine yogurt, honey, lemon juice, and vanilla into large mixing bowl.
2. Mix in blueberries
3. Place cupcake liners into muffin tray. Evenly divide mixture into 12 muffin cups.
4. Freeze for at least 4 hours.
5. When ready to serve remove from freezer and let sit at room temperature for 1 to 2 minutes.
6. Before removing bites, run bottom of tray under warm water.
7. Remove liner and enjoy!



Healthy Options