

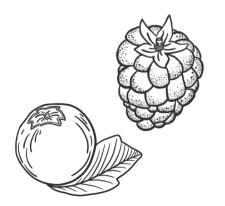
Fro-Yo Bites

Prep Time: 15 min Cook Time: 2 hours Servings: 6

Ingredients:

- 2 cups of plain greek yogurt
- 2 Tbsp honey
- 1 tsp vanilla extract
- 2 pints of fresh berries
- Toothpicks

Plain greek yogurt is a great source of protein!



Instructions:

- Mix together the yogurt, honey and vanilla extract.
- 2. Line a baking sheet with parchment paper.
- Put your berries on a toothpick, make sure to keep enough room at the end to hold onto.
- 4. Swirl your berries in the yogurt until they are well coated then place them on the baking sheet. Continue until all of the berries are coated in yogurt.
- 5. Put in the freezer for about 2 hours, then enjoy!

 If they are going to be in the freezer for more than 2 hours, it is a good idea to put them in a sealed container.