

Frozen Yogurt Dots



**you will
need:**



**1/2 cup fresh
berries**



milk



**2/3 cup vanilla
Greek yogurt**

tools:



**zipper seal
baggie**



**parchment
paper**



blender



baking sheet



**measuring
cup**



**measuring
spoons**



scissors



spoon

steps

1



Measure 1/2 cup berries



Put in blender and pulse

2



If too thick to blend, add 1 tbsp of milk



Add milk until it blends nicely



Mixture should be smooth

3



Measure 2/3 cup yogurt



Stir yogurt into the berries

4



Cut a piece of parchment paper



Put paper on the baking sheet

5



Scoop mixture into bag and seal it



Snip off a very small corner of the bag

6



Squeeze out dots onto baking sheet



Put in the freezer for a few hours

7



Eat and enjoy!