

Very simple and easy snack to make. Great for kids and grown ups alike!

INGREDIENTS:

- 1 pint of Blueberries
- About a cup of Plain yogurt
- Dash of cinnamon

INSTRUCTIONS:

Put a generous scoop of plain yogurt in a bowl. Add a dash of cinnamon. Use a spoon or toothpick to coat the blueberries in yogurt.



Then place the dipped blueberries on parchment paper and place in the freezer for 1 hour. Keep in the freezer and pop them in your mouth as needed!

Nutrition Facts		Amount	% Daily Value*	Amount	% Daily Value*
Amount per 136 g		Total Fat 2.2g	3%	Total Carbohydrates 14g	5%
1 serving (4.8 oz)		Saturated 1.3g	7%	Dietary Fiber 2g	8%
Calories 80		Trans Fat 0g		Sugars 10g	
From fat 20		Cholesterol 8mg	3%	Protein 3g	5%
<i>HappyForks.com</i>		Sodium 29mg	1%		
		Calcium 8% • Iron 1%		Vitamin A 2% • Vitamin C 13%	
		* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.