

✦ Frozen Yoghurt Blueberry Treat ✨





AUPAIR AGENCY

What you need?

PREP TIME: 20 MINUTES

TOTAL TIME: 1 HOUR 20 MIN

BLUEBERRIES

GREEK YOGURT (AND FLAVOR YOU LIKE!)

PARCHMENT OR WAX PAPER

COOKIE SHEET

TOOTHPICKS

[BY KARLY WOOD- READ HER RECIPE HERE.](#)

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What to do?

- 1. START BY WASHING BLUEBERRIES IN A STRAINER AND REMOVING ANY STEMS.**
- 2. SCOOP YOUR YOGURT INTO A BOWL AND LAY OUT PARCHMENT PAPER ON A COOKIE SHEET.**
- 3. TAKE A TOOTHPICK, HARPOON A BLUEBERRY AND DIP INTO THE YOGURT. HIGHLY SUGGEST STICKING WITH (GREEK YOGURT IS BEST AS IT IS THICKER REGULAR YOGURT TENDS TO GET REALLY WATERY AND RUNNY OVER TIME)**
- 4. SWIRL, SWIRL, SWIRL THOSE BLUEBERRY'S IN THE YOGHURT MAKING SURE YOU COVER THE BLUEBERRY AS A WHOLE.**
- 5. BEGIN LAYING OUT YOUR BERRIES ON THE PARCHMENT-COVERED COOKIE SHEET.**
- 6. ONCE YOUR COOKIE SHEET IS FULL, POP IN THE FREEZER FOR AT LEAST AN HOUR TO FIRM UP.**
- 7. ONCE FROZEN, DUMP INTO A BOWL FOR IMMEDIATE CONSUMPTION OR PUT IN A FREEZER SAFE CONTAINER AND KEEP FROZEN UNTIL READY TO EAT.**

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