



Find this recipe at: <https://greenvalleylactosefree.com/in-the-kitchen/recipes/3-ingredient-frozen-yogurt-bites>

## 3 Ingredient Frozen Yogurt Bites

Prep time: 15 minutes

Servings: 6

Snack time has never been easier. Cool off with these kid-friendly frozen yogurt bites made with just our whole milk yogurt, fresh fruit, and some honey (or sugar if you're on a low-FODMAP diet). We suggest using silicon ice cube trays so they pop out a bit easier.

Green Valley Creamery

### Ingredients

2 cup Green Valley Creamery Plain Whole Milk Yogurt

1 ½ cup fresh fruit (we used blueberries and raspberries)

1 Tbsp. honey (or 1-2 Tbsp. sugar for low-FODMAP)

### Instructions

Combine yogurt and honey (or sugar) in a medium bowl. Set aside.

Place 2-3 raspberries and a couple blueberries at the bottom of each empty cube in the ice cube tray. Then top each cube with a spoonful or two of the yogurt mixture.

Optional: poke a raspberry or blueberry through a cocktail fork and place one in each cube so you have sticks to hold your frozen yogurt bites.

Freeze for a minimum of 6 hours.