

Frozen Yogurt Treat

Ingredients

2 cups plain Greek yogurt
3 tablespoons honey
1 teaspoon vanilla

Topping Ideas:

Sliced strawberries
Blueberries
Raspberries
Pomegranate seeds
Pistachios
Almonds
Chocolate chips



Directions

1. Line a baking sheet with parchment paper or wax paper.
2. Mix together yogurt, honey and vanilla.
3. Spread yogurt mixture onto lined baking sheet in a thin layer (about 1 centimeter thick or more).
4. Sprinkle desired toppings on the top.
5. Freeze for 3 hours or overnight.
6. Break into pieces using your hands.
7. Store in a tightly sealed container in the freezer. They melt fast, so eat quickly!



NOTE:

NOT suitable for babies under 1 year as honey is not safe.

If feeding this to younger kids, chop fruit into small pieces and avoid nuts for kids under 4 years old.

