

Recipe

Berry Yogurt Cups

INGREDIENTS:

assorted berries
(strawberries, blackberries,
blueberries)
2 T. Greek yogurt
Honey OR pure maple
syrup (optional)

*Caution: Always check for allergies before
serving foods. Make substitutions as
needed

DIRECTIONS:

Have children wash their hands so they can help prepare the food. Bring out the assorted berries. All of the berries will need to be washed. If using strawberries, have children help cut off the tops and chop them into bite-sized pieces using child-safe knives.

Bring out the silicon baking cups (silicon muffin pans would also work). Have children place a few berries in each cup. Top the berries with 2 T. of Greek yogurt. Show how to smooth the top of the yogurt slightly with the back of a spoon. (To sweeten the yogurt, you can stir in a little honey or pure maple syrup in advance.)

Freeze the baking cups for at least one hour. Show children how to unmold their yogurt cup and place it on a plate

