

Frozen Yogurt-Dipped Blueberries - A Healthy Summer Snack You'll Crave

Frozen Yogurt-Dipped Blueberries ?? A Cool, Creamy Treat for Hot Days



TIME
2 min

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INGREDIENTS

- 1 cup vanilla Greek yogurt
- 1 pint blueberries, washed and dried thoroughly
- 2 tablespoons honey

DIRECTIONS

- 1.** Mix the : Base: In a small bowl, stir the honey into the vanilla Greek yogurt until smooth.
- 2.** Coat the : Blueberries: Add about 12 blueberries at a time to the yogurt mixture. Use a fork to gently lift each one out, letting the excess yogurt drip off.
- 3.** Line ' : Em Up: Place each dipped berry onto a parchment-lined baking sheet. Repeat until all berries are coated.
- 4.** Freeze: Transfer the tray to the freezer for 2 hours or until the yogurt is fully set.
- 5.** Store & : Snack: Once frozen, move the berries to an airtight container and keep them in the freezer. Let sit for a minute before eating to slightly soften.

TIPS FOR SUCCESS

Dry your blueberries well before dipping-excess moisture can prevent the yogurt from sticking.

Use a fork or skewer for clean dipping and minimal mess.

Swap in flavored yogurt if you like-strawberry, lemon, or even coconut varieties make fun twists.

Roll the dipped berries in crushed granola or shredded coconut before freezing.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/frozen-yogurt-dipped-blueberries-a-healthy-summer-snack-youll-crave/>