

FROZEN YOGURT BLUEBERRY BITES



USOC
SPORTS NUTRITION

Dietary: Gluten free | Servings: 1-2 | Preparation Time: 10 min



Recipe Difficulty:

INGREDIENTS

- 1 cup frozen blueberries
- 1 cup non-fat plain Chobani Greek yogurt



Adapted from: cookinglight.com

DIRECTIONS

Place blueberries and Chobani Greek yogurt in two separate bowls. Place a piece of parchment paper on a large baking sheet.

Rinse and pat the blueberries dry. Make sure the berries are well dried before coating.

Drop each blueberry into the bowl of Chobani Greek yogurt with a spoon, swirl around to coat and place on the parchment paper. Repeat until all blueberries are covered.

Freeze for one hour or more.

Serving Size: ½ cup

Calories: 60

Fat (g): 0

Sat. Fat (g): 0

Carb (g): 9

Fiber (g): 1

Protein (g): 7

THE INSIDE SCOOP

Frozen blueberries dipped in creamy Greek yogurt can make for a great protein rich snack or dessert. Blueberries are packed with antioxidants, vitamin K for bone health, heart-healthy fiber, and a burst of flavor. Greek yogurt is rich in protein, calcium to help strengthen bones, and probiotics which boosts immunity and improves gut health. As a variation, try Chobani vanilla Greek yogurt or any other favorite flavors.

To increase calorie content, this recipe can also be modified by adding 1 Tbsp. of peanut butter powder or 1 Tbsp. of honey to the Greek yogurt.

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