

Frozen Yogurt Bites



Ingredients:

- Carton of low-fat yogurt, any flavor

Directions:

1. Spoon yogurt into a zip-top bag.
2. Cut a small hole in one corner of the bag.
3. Squeeze small dots of yogurt onto a cookie sheet lined with wax paper.
4. Freeze 30 minutes
5. Remove from wax paper and serve promptly.

Servings vary.



Tarrant County Public Health
<http://health.tarrantcounty.com>