

# Yogurt Dipped Strawberries — Frozen!

## INGREDIENTS

Fresh Strawberries  
Greek Yogurt (plain or flavored)  
Possible Toppings:  
    Granola or muesli  
    Cereal: brown-rice krispies, cheerios, etc  
    Freeze dried fruit – chopped  
    Shredded Coconut  
    Dark Chocolate mini chips  
    Chopped nuts



## INSTRUCTIONS

Wash and dry fresh strawberries. Dip strawberries in a large yogurt container or roll strawberries in yogurt in a shallow bowl. Decorate with your favorite toppings. Place on a cookie sheet lined with waxed or parchment paper. Freeze for at least 1 hour. Transfer to a container or freezer baggie.

### Market Vendors:

Strawberries: *Sky Harvest Produce, Skagit Sun, Hayton Farms Berries, Swanson Farms*

Greek Yogurt: *Smith Brothers Farms*



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## Berrylicious Smoothie (2 servings)

### INGREDIENTS

1 cup mixed berries  
1 banana  
½ cup Greek yogurt  
¼ cup fruit juice or water  
1 tbsp ground flax seed or chia seed.



**INSTRUCTIONS:** Blend and serve.

## Homemade Ice Pops

(recipe for 12 pops; see zipzicle for more recipes online)

### Berry Mint

5 cups fresh berries (strawberries, blueberries, raspberries, blackberries)  
2 T Agave or Honey  
1.5 cups water  
¼ cup fresh mint leaves



### White Strawberry Creamsicle

6 whole fresh strawberries greens removed  
1/2 cup vanilla almond milk (unsweetened, or regular)  
5 oz Greek yogurt  
1 small banana



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