



# BRADLEY'S FROZEN BERRY BITES

## INGREDIENTS:

- 1 32 oz Yogurt
- 12 Cupcake/Muffin Cup Liners
- 1 Handful of Frozen or Fresh Raspberries
- 1 Handful of Frozen or Fresh Blueberries

\*Berries can be switched out for any type of fruit you like!

## DIRECTIONS:

1. Gather all your ingredients together.
2. Lay out 12 cupcake cups on a small baking sheet or tray (this will need to fit in your freezer).
3. Using a spoon, drop some yogurt into the bottom of each cup until it's halfway filled.
4. Pop a few pieces of each fruit into each cup, pressing them down into the yogurt with your fingertips.  
(Tip/Trick: Try making a smiley face with your fruit!)
5. Place the tray of cups into the freezer and leave in for two hours or until solid.
6. Once frozen through, remove to eat or bag up and pop back into the freezer to save for later!