

Yogurt Berry Bites

Ingredients:

Plain lowfat yogurt

Washed berries or ½" diced fruit

Candy molds

½" washable paint brush

- These treats are made just like making chocolate covered cherries for humans.
- Take your plastic molds and polish them with a cloth so bites will pop out better and be nice and shiny.
- Using the paint brush paint the molds with yogurt so there is a thin coating all the way around each mold and place in freezer until hard
- Add one piece of fruit to each bite and using a small spoon, fill the rest with yogurt. Return to freezer for about an hour.
- Remove from freezer and pop the treats out of the mold one by one.
- You could use pureed fruit but we thought that might be messy so we went with pieces instead.
- Keep the treats in the freezer until you are ready to serve. Since the yogurt will defrost fairly quickly it might be best to serve these outside.

