

DIY BERRY BRITTLE

Berries are loaded with vitamins and nutrients that help your body stay strong, so eat up!

ALL YOU NEED:

- 2 (5.3 oz each) containers Hy-Vee blueberry greek yogurt
- 1/2 cup fresh blueberries
- 1 cup Hy-Vee cinni-mini crunch cereal, coarsely crushed



ALL YOU DO:

1. Place a silicone mat on a 15x10x1-inch sheet pan; set aside.
2. Open Hy-Vee blueberry Greek yogurt containers; stir to incorporate fruit. Spread yogurt evenly on the silicone-lined sheet pan. Sprinkle blueberries and cereal over yogurt.
3. Place pan in the freezer; freeze 4 hours or overnight.
4. Once yogurt brittle is completely frozen, break into large pieces. Store yogurt brittle in the freezer in a large resealable plastic bag.

NUTRITION FACTS PER SERVING: SERVING SIZE: 4

120 calories, 1.5 g fat, 0 g saturated fat, 0 g trans fat, 5 mg cholesterol, 85 mg sodium, 20 g carbohydrates, 1 g Dietary Fiber, 15 g sugar, 7 g protein. Daily Values: Vitamin A 0%, Vitamin C 2%, Iron 10%, Potassium 6%

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