



Yogurt Covered Strawberries

Super easy and super yummy. Though there's sugars in the vanilla style yogurt it's not nearly as much as what would be found in store bought yogurt covered berries. You can do this with any style of berry or fruit really. Easy to bring with you to a get together as well.

Ingredients:

- 1 pint very ripe strawberries
- 1 1/2 cup vanilla-flavoured Greek-style yogurt

Instructions:

- Lift the leaves of the strawberries away from the fruit gently, leaving intact but providing something to grasp. Holding the berry by the leaves and 'neck', dip in the yogurt until it's 90 percent submerged. Remove and place inverted (leaf-side down) on a wire rack, placed so that it can freeze tip-side up (this may take some patience, but the berries will rest this way on a wire rack). Repeat with remaining strawberries and yogurt. Freeze for 1 hour.
- Remove berries from freezer and repeat, coating berries with a second layer of yogurt. Freeze for another hour, or until ready to serve.

Enjoy!