

Summer Snowball Surprise

Southwest Edmonton Farmers' Market



Nothing tastes better on a hot summer day than a frozen treat! With only three (or four) ingredients, these are so easy to make. They're the perfect sweet snack!

Ingredients

- 24 paper mini cupcake liners
- 1 cup honey flavoured yogurt OR
- 1 cup plain, unsweetened yogurt with
- 1/2 tbsp. of honey, stirred in
- 1/2 cup raspberries
- 1/2 cup blueberries

Yogurt is made from milk, which means it's loaded with calcium and protein. Pre-flavoured yogurt (including vanilla!) can have so much added sugar, it's more like a dessert than a snack! If the taste of plain yogurt makes your lips pucker, you can sweeten it yourself as we do here with honey, which will likely still have less sugar than pre-flavoured yogurt.



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Market Shopping List

- raspberries
- blueberries
- honey (optional, see Creative Cooks tip)



Makes 24 treats



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Directions

Prepare a cookie sheet with 24 paper mini cupcake liners, or put the paper liners in the cups of 2 mini muffin trays.

In a large bowl, measure out the yogurt. Gently fold in your berries, until they are just coated with the yogurt.

Using a soup spoon, put a dollop of the berry mixture in each cup, filling it to heaping, being sure to push down gently to eliminate air spaces as you go.

Put your tray in the freezer and let it sit for 1-2 hours.

Fun Trick: Try putting frozen berries into your yogurt and letting them thaw. Wait a bit and then stir them around, once they've released their juice. Not only does this add natural sweetness to plain yogurt, the swirls from the juice can make beautiful art as well! Stir this only a teensy bit for a neat, tie-dye effect. You can also use extra mashed berries to turn your plain yogurt into a spectacular colour before making this recipe for a little play-with-your-food fun!

Recipe created by Sheri Hendsbee

Sprouting Chefs

When using fresh berries, it's important to fold them into the yogurt gently with a spatula as they can quickly turn to mush. If you want to prevent this, lay the berries out on a cookie sheet and put them in the freezer for an hour or two. Then, loosen the berries away from the pan with a cookie lifter and stir them into your yogurt as roughly as you like! As a bonus, your treat will be ready faster!

Creative Cooks

Any sun-ripe, picked-at-its-peak, juicy market fruit will work well in this dessert. So try nectarine or peach cubes, diced strawberry or dragon plum (yes, there is such a thing!). You can also easily sweeten your own plain yogurt by adding in a half tablespoon of jam, honey, fruit purée or maple syrup.