

Fro-Yo Fruit Cubes

Ingredients:

2 cups plain, non dairy oat yogurt
2 tbsp. chia seeds
½ tsp. pure vanilla extract
1 tbsp. pure maple syrup
½ cup blueberries
½ cup raspberries



Servings: 7

Instructions:

In a bowl mix yogurt, vanilla, maple syrup, and chia seeds until smooth.

In an ice tray, distribute the berries in each of the cube molds.

Spoon the yogurt mixture over the fruit, filling mold completely.

Freeze for a couple of hours or until frozen solid.



Nutrition Facts

7 servings per container	
Serving size	1/2 cup
Amount per serving	
Calories	60
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 10g	4%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 2g Added Sugars	4%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 35mg	2%
Iron 0mg	0%
Potassium 44mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.