



Eat Well

Frozen Fruit Bites

Directions

1. Place liners in a mini-cupcake pan. Put a wafer cookie, flat side up, in the bottom of each well.
2. In a bowl, whisk together the yogurt, cream cheese, lemon juice and honey until smooth.
3. Spoon 1 tablespoon on top of each cookie. Top with fruit.
4. Cover with plastic wrap and place in the freezer until firm, about 1 to 1.5 hours.
5. Remove the tray from the freezer 15-20 minutes before serving.

Ingredients

- » 12 vanilla wafer cookies
- » 1/2 cup vanilla yogurt
- » 1/2 cup Neufchatel cream cheese, softened
- » 1 tsp lemon juice
- » 1 tsp honey
- » Sliced kiwi, strawberries and whole blueberries

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