

**WHY
ACT
NOW**

BLUEBERRY POPPERS



Ingredients

- 1 cup blueberries, raw
- 1 container (170g) plain, non-fat Greek yogurt

Directions

Wash blueberries, pat dry. Dip blueberries in yogurt with toothpick. Evenly space on foil lined sheet. Freeze for 1 hour. *Makes 1 serving.*

Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 183	Calories from Fat 10
% Daily Values*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 63mg	3%
Total Carbohydrate 27g	9%
Dietary Fiber 4g	16%
Sugars 20g	
Protein 18g	36%

*Percent Daily Values are based on a 2,000 calorie diet.

Blueberries are rich in antioxidants and vitamin C and **Greek yogurt** is packed with protein that your body will love!