

# BLUEBERRY YOGURT BUNNIES



*Recipe developed by Chef Paige Vondran*

	Ingredients	Exchanges
Protein	58.3 gm Dannon® plain whole milk yogurt	2.7 (+1.35 gm fat)
	----- 9.4 gm macadamia nuts	----- 1 (-6.0 gm fat)
Fat	12 gm coconut oil, melted	3
	----- 10.4 gm butter, melted	----- 3 (-4.65 gm)
Carbohydrate	8.5 gm blueberries, chopped	1.3
Other	1/8 tsp vanilla extract 1 Tbsp. Walden Farms® blueberry syrup 4g erythritol	

## DIRECTIONS

- In a food processor, finely chop macadamia nuts.
- Weigh the chopped macadamia nuts in a small bowl using a gram scale.
- Add the melted butter and coconut oil.
- Stir in the remainder of ingredients mixing thoroughly.
- Scoop the mixture into bunny shaped silicone molds dividing evenly.
- Place in the freezer for 45 minutes until frozen solid.
- Remove the bunnies from the freezer and serve.

## VARIATIONS

- This recipe works well with any ratio and can easily be adjusted according to your child’s personal meal plan.
- When scooping the mixture into the bunny molds, attempt to make them moderately thin. The thicker you make them, the harder it will be to freeze/thaw.
- Other carbohydrates such as pineapple, peaches, or coconut flakes can be used.
- Mascarpone cheese or cream cheese may be substituted for the yogurt.
- Walden Farms® blueberry syrup may be omitted for a less sweet and milder flavor.