

IT'S A SNACKDOWN STUFFED UP BERRIES

Yields 24 (6 servings – four strawberries each)

Ingredients:

- 24 large strawberries, hulled
- 1 cup plain nonfat Greek yogurt
- 2 Tbs. honey
- ½ tsp. no alcohol vanilla extract
- ½ tsp. ground cinnamon (optional)
- 1 ½ cups blueberries

Directions:

- Cut a thin slice from the bottom each strawberry. Place berries on a large plate, cut side down, so that the berries stand upright. Gently scoop out the center of each strawberry, being careful not to cut through them. Put the scooped out flesh in a small bowl.
- In a medium bowl, mix together the yogurt, honey, vanilla, cinnamon (optional), and the scooped out strawberry flesh. Mix until smooth.
- Pipe or spoon about 2 teaspoons of filling into each berry. Top with three blueberries. Chill until serving.

ALWAYS wash fruits and veggies when preparing for cooking or eating.

When cooking, cutting, dicing, peeling and slicing - ALWAYS get your parents' help or permission.



The Mickey Check helps kids and families identify foods and beverages that meet The Walt Disney Company's Nutrition Guidelines in stores, online, in Parks and at branded experiences.