



Yogurt Bites

Cooking

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WHAT MAKES IT MEANINGFUL

Making healthy foods fun and delicious will encourage a balanced and healthy diet for others. Having this recipe will show that you can have good food and also be healthy. Cooking and baking can encourage independence and self fulfillment, which can ultimately help you to enjoy your day.

For this activity we will make frozen yogurt bites. This is good for being accurate and precise with your fingers, since it is on a smaller scale.

TIME

The actual activity will take 10 minutes, but they must sit in the freezer for 2-3 hours.

MATERIALS

Include any necessary or suggested materials needed for the activity.

- Yogurt (\$5.00)
- small tray/sheet pan (\$15.00)
- Parchment paper (\$3.00)
- Plastic piping bag (\$6.00)
- Fruit toppings

INSTRUCTIONS

Include any instructions needed:

1. Line your pan with parchment paper.
2. Fill your piping bag with yogurt, start piping small circles on the baking sheet.
3. Add the topping on, like cut up fruits or chocolate chips, and put them in the freezer to freeze for 2-3 hours.

RESOURCES

<https://www.kidskubby.com/easy-frozen-yogurt-bites-healthy-snacks-for-kids/>



Activity Title

SUPPORTS NEEDED

Some individuals might need help with piping the yogurt into small blobs that are far enough apart so they are not touching, help and guidance should be given to them.

OTHER THINGS TO NOTE

They probably don't need the full time in the freezer. If you are short on time they can be taken out earlier and just be a little less frozen.