

SUMMERTIME FRUIT BOWLS



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the
**Chickasaw
Nation**

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Adult supervision required when preparing food.

Summertime Fruit Bowls

12 Servings

Cooking Spray

1 c Bakery mix, low-fat

2 T Sugar

½ t Cinnamon

5 T Cold water

2 c Strawberries, sliced

1 c Blueberries

Yogurt Topping:

1 ½ c Yogurt, vanilla, low-fat

1 ½ T Brown sugar

½ t Cinnamon

1. PREHEAT oven to 450°F. FLIP a muffin tin upside down, SPRAY with nonstick spray and SET aside.
2. In a medium bowl, MIX bakery mix, sugar, cinnamon and cold water together.
3. TURN dough onto a floured surface. KNEAD until well incorporated. ROLL out dough and using a biscuit cutter CUT out 12 small circles (approx. 3 inches).
4. MOLD each piece of dough over the muffin cup, forming a bowl and SPRAY with cooking spray.
5. BAKE for 7-8 minutes, until crisp and brown.
6. ALLOW to COOL and carefully REMOVE from the muffin tin.
7. In a small bowl, MIX together yogurt topping ingredients (yogurt, brown sugar and cinnamon).
8. FILL each bowl with 1/4 c fruit, TOP with 2 T of yogurt topping and SERVE.



Nutrition Information: 90 calories, 1 g fat, 0 mg cholesterol, 180 mg sodium, 20 g carbohydrates, 1 g fiber, 3 g protein

