



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Cool Down with Sweet Treats!



Instead of expensive frozen novelties to beat the summer heat, fruits are a satisfyingly sweet option. When you buy locally grown in-season and on-sale, the price per serving is way less than what you pay for processed foods. The help to stay hydrated in the summer heat will have you feeling more energetic.

Besides, would you rather spend \$5 on a whole watermelon that has at least 10 servings plus the rind which can be used in other recipes, or a 4-pack of frozen novelties that are high in sugar, fat and calories?

For a simple snack or dessert, you can prep then refrigerate or freeze many types of fruit. There are lots of simple recipes to help boost your fruit intake too. The more servings you eat, the more hydrated and happier you'll feel this summer!

These frozen bars make a great on-the-go breakfast solution or a sweet treat! If you want variety, experiment with other types of fruit.

Frozen Blueberry Breakfast Bars

Ingredients:

- 3 1/4 cups granola, separated
- 4 Tbsps. butter, melted
- 32 oz. vanilla yogurt
- 2 cups frozen blueberries
- 1/2 cup fresh blueberries



Directions:

1. Add 3 cups of the granola to a blender or food processor and pulse until no large chunks remain. Transfer to a bowl and add the melted butter; stir until combined.
2. Line a 9x13 baking dish with parchment paper and transfer the granola mixture to the dish. Using your fingers, press the mixture down until it covers the entire dish. Transfer the pan to the freezer for at least 10 minutes while you make the filling.
3. Add the yogurt and frozen blueberries to a blender and blend until smooth. Take granola base out of the freezer and pour the blueberry mixture on top.
4. Top with remaining 1/4 cup of granola and fresh blueberries. Carefully transfer the dish to the freezer and let it set up for at least 4 hours, or overnight.
5. Once frozen solid, remove from the freezer and slice into bars. Serves 12.

Recipe and image courtesy of Blueberry.org.