
Frozen Yogurt Sandwiches

Maintenance to be mixed into frozen yogurt: yogurts, nuts, seeds

Ingredients:

- Graham cracker or cookie of choice
- Maintenance yogurt, milk, nuts, or seeds

Instructions:

1. Measure out your maintenance yogurt
2. *Optional:* Mix your maintenance seeds/nuts into yogurt
3. *Optional:* Mix mashed/diced fruit (e.g. strawberries, raspberries, blueberries) into maintenance yogurt.
4. *Optional:* freeze your maintenance milk then mix in with your yogurt
5. Place maintenance yogurt on your graham cracker/cookie and cover it with another graham cracker to make a sandwich
6. Wrap graham cracker sandwich in saran wrap or store in an airtight container in the freezer.
7. Freeze for at least 2 hours or store in the freezer until ready to eat.



Storage:

- Can keep in the freezer for up to 3 months

Please carefully review the ingredients listed above. It is your responsibility to ensure that your child can safely enjoy any of our Southern California Food Allergy Recipes or other food-related documents. Each child in our program has a unique allergic profile and is at a different stage in their journey to food freedom. Use good judgment. If your child has not yet been cleared to consume the foods listed above then choose another recipe or substitute accordingly.

This Recipe Contains The Following Top 8 Allergens As Primary Ingredients: milk, wheat