



Frozen Yogurt Cups

Maintenance to be mixed into your yogurt cup: yogurts, up to 1/2 cup of nuts/seeds

Supplies Needs:

- Muffin tin and Muffin tin liners (preferably rubber / reusable) -OR-
- Reusable silicone cupcake liners

Ingredients:

- Maintenance yogurt (e.g. sheep yogurt, buffalo yogurt etc.)
- Up to 1/2 cup of maintenance nuts / seeds of your choice
- 1-2 cups of fruit of choice (e.g. berries, banana, kiwi etc.) to sweeten the yogurt
- 1-2 cups of your choice of non-dairy yogurt (optional - used to fill remaining space of cupcake liner and add additional flavor to mask maintenance yogurt taste)

Instructions:

1. Mash 1/2 cup fruit of choice in a bowl using a fork
2. Add maintenance yogurt to lined muffin baking tray
3. Mix mashed fruit with yogurt in muffin tray
4. Add maintenance nuts/seeds of choice (optional)
5. Add additional non-dairy yogurt. Combine / Mix well.
6. Top yogurt filled tin with remaining fruit
7. Place in the freezer for at least 3 hours before serving.
8. Place extra yogurt cups in an airtight container.

Storage:

- Store 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





TPIRC
a rare disease institute



**Southern California
Food Allergy Institute**
