

Froyo Fruit Cup

Age: Toddlers (18-36 months), Preschool-age (3-4 years)

This activity helps your child's development in this domain: Cognitive

What You Need:



- 1 tray of blueberries
- 1 tray of raspberries
- 1 ½ cups vanilla Greek yogurt

What To Do:

1. Have your child arrange 12 cupcake liners in a muffin tin.
2. Together, put two tablespoons of yogurt into the bottom of each liner.
3. Encourage your child to top yogurt with blueberries and raspberries.
4. Freeze for at least two hours. Talk about how the yogurt will get cold and solid.
5. Discover how the mixture has changed. Enjoy!

Adapted from: <https://tasty.co/recipe/froyo-fruit-cups>

