



# Yogurt Bites

## Ingredients

### BERRY COMPOTE

- 1½ cup (375 ml) frozen raspberries
- 1½ cup (375 ml) frozen blueberries
- 2 tbsp (30 ml) maple syrup

### CRUST

- ¾ cup (180 ml) whole wheat flour
- 3 tbsp (45 ml) packed brown sugar
- 3 tbsp (45 ml) unsalted butter, melted

### YOGURT PREPARATION

- 1½ cup (375 ml or 350 g) plain Greek yogurt
- 1 egg
- ¼ cup (60 ml) maple syrup
- 1 tsp (5 ml) vanilla extract

## YOU WILL NEED:

- muffin paper cups
- muffin mold for 12 muffins
- set of measuring spoons
- set of measuring cups
- medium saucepan
- wooden spoon
- 2 medium bowls
- spoon
- whisk

## Preparation

- 1 Preheat the oven to 375 F.
- 2 Line a 12-muffin mold with paper cups.

### BERRY COMPOTE

- 3 Put all compote ingredients in a medium saucepan.
- 4 Cook over medium heat for 15 to 20 minutes, stirring until the mixture thickens (no liquid).  
Remove from heat and set aside.

### CRUST

- 5 In a medium bowl, combine all crust ingredients.
- 6 Divide the dough into the muffin cups and press with your fingers to flatten it well.
- 7 Bake in oven for 15 minutes. Set aside.

### YOGURT PREPARATION

- 8 In a medium bowl, mix all ingredients of the yogurt preparation. Set aside.

### ASSEMBLING

- 9 Add the compote in the centre of the 12 cooked pastry shells.
- 10 Pour the yogurt mixture over the compote.
- 11 Bake for 20 minutes or until yogurt is set.
- 12 Cool before serving.



**DIETITIAN'S NOTE:** These bites can also be served as a nutritious dessert. For the biggest appetites as a snack, accompany them with a few nuts and/or a fruit.