

Yogurt Activities – What You Will Need

Yogurt Smoothies *(demonstrate how to make then give everyone sample)*

- Blender or food processor
- Vanilla or plain yogurt
- Any assortment of fruit-fresh or frozen fruit
- Possibly crushed ice for “thickening”
- 5 oz Translucent cups
- Spoons
- Napkins

Yogurt Parfaits *(each person gets to assemble their own parfait)*

- Vanilla yogurt
- Any assortment of fresh, dried or drained canned fruit
- Any assortment of add-ins (chopped nuts, crushed gingersnaps or graham crackers, granola, cheerios, mini shredded wheat bites, any other favorite cereal)
- 5 oz Translucent cups
- Spoons
- Napkins

Yogurt Dip or Dressing *(demonstrate how to make then give everyone sample)*

- Ingredients for recipe of your choosing
- Fresh vegetables, lettuce leaves or chunks of bread to sample dip or dressing on
- Bowl and spoon or whisk to stir with
- 4 oz Souffle cups
- Toothpicks if using bread chunks
- Tongs if using veggies
- Napkins
- Recipe used

Frozen Yogurt vs Sherbet Comparison vs Ice Cream *(each person samples spoonful of each while you describe the nutritional differences and show comparison board)*

- Comparison Board
- Frozen yogurt
- Sherbet
- Ice cream
- Soufflé cups
- Spoons
- Napkins

Homemade Yogurt *(make ahead homemade yogurt or homemade frozen yogurt)*

- Prepared homemade yogurt
- Soufflé cups
- Spoons
- Napkins
- Recipe used