

Playnormous Healthy Recipes

Raspberry Ruckus Unicorn Swirl

Ingredients:

- 2 cups fresh or frozen raspberries
- 1/2 tsp. almond extract (optional)
- 2 cups low-fat vanilla yogurt
- 2 Tbsp. toasted sliced almonds

Directions:

1. In a blender, purée the berries.
2. Strain out the seeds if you want a perfectly smooth dessert.
3. Stir almond extract into the yogurt.
4. Swirl the raspberry purée into the yogurt so it stays in red stripes, not stirred in to make a pink pudding.
5. Scoop into dessert bowls and scatter almond slices over the top.

Nutrition:

- This recipe makes 4 servings.
- Each serving counts as 0.5 fruits.

Safety:

- Do not plug the blender in until the blender lid is on tightly and the blender container is on the blender.
- Do not open the blender container while the blender is blending or plugged in.
- Unplug the blender before removing the blender container.

Source: American Diabetes Association

