

## **Bowdoin Street Health Center: 9/26 Wellness Fair Recipes**

### **Fro - Yo Fruit Bites**

#### *INGREDIENTS*

1 1/2 c. plain yogurt  
1/4 c. whole milk  
2 tsp. honey  
1/2 tsp. pure vanilla extract  
1/2 c. blueberries  
1/2 c. strawberries, quartered  
1/2 c. raspberries

#### *DIRECTIONS*

1. In a medium bowl, combine yogurt, milk, honey and vanilla and whisk until smooth.
2. In an ice tray, distribute fruit in each of the cube molds.
3. Spoon yogurt mixture over fruit, filling molds completely. Freeze for 5 hours, or until frozen solid. Enjoy!

### **Rainbow Fruit Roll-Ups**

#### *INGREDIENTS*

8 oz. strawberries, rinsed, dried, trimmed, and halved  
4 tsp. freshly squeezed lemon juice, divided (1 lemon)  
4 tsp. sugar, divided  
6 oz. blueberries, rinsed and dried  
6 oz. raspberries, rinsed and dried  
1 ripe champagne mango, peeled and chopped

## ***DIRECTIONS***

1. Preheat oven to 170°. Line two large rimmed baking sheets with parchment paper and lightly grease with cooking spray.
2. In a food processor or blender, purée strawberries with 1 teaspoon lemon juice and 1 teaspoon sugar until smooth. Transfer to a bowl. Repeat process with blueberries, raspberries, and blackberries. (If desired, strain raspberries and blackberries and discard seeds.)
3. Carefully pour purées onto baking sheets next to each other, in horizontal lines, spreading thin (until almost transparent) with a spoon so all colors are an even thickness. Bake until dried out and no longer sticky, 3 to 4 hours.
4. Using scissors or a sharp paring knife, cut leather into vertical strips and roll up.