Frozen Yogurt Covered Strawberry Hearts

2 cups non-fat vanilla Greek yogurt
1 quart strawberries

Instructions: Wash and rinse strawberries. Cut the stems off making a V-shaped divot. Dip whole strawberries in yogurt and place on a cookie sheet lined with parchment paper. Freeze overnight. Then, cut in half to reveal a heart shape. Keep frozen until ready to serve.

Yield: 6 servings

Nutrition Facts (per serving): 100 calories, 0 grams fat, 25 milligrams sodium, 17 grams carbohydrate, 2 grams fiber, 7 grams protein