



Mouth-friendly recipe:

Frozen yogurt buttons

Here's a treat that's fun to make and tastes great. Yogurt is full of calcium that's good for your teeth, and it's the only ingredient in this recipe!



Here's what you need

- Any flavor of nonfat Greek yogurt with no sugar added (use more than 1 flavor to make a rainbow of colors)
- Cookie sheet
- Wax paper
- Ziplock bag
- Cup
- Scissors
- Spoon
- Spatula
- A grown-up to help

Here's how to make them

- 1 Line a cookie sheet with wax paper.
- 2 Fit a small ziplock plastic bag over a cup.
- 3 Spoon your yogurt into the plastic bag.
- 4 Have a grown-up snip the corner of the bag and squeeze small round drops of yogurt onto a cookie sheet.
- 5 Place in the freezer for about an hour.
- 6 Scrape off with a spatula.
- 7 After you try 1 or 2, place the rest in an airtight container and store in the freezer.

If you want to mix things up, you can make other shapes, too. Try a heart, square, triangle, letter or number. Eat this instead of candy the next time you want a sweet treat! And remember to rinse your mouth by drinking water when you're done snacking.