

Yy Week Cooking

My Favorite Yogurt Fruit Dip

- 1** container (8 ounces) Strawberry cream cheese
- 1** single serve carton of strawberry yogurt
- 2** tablespoons of Strawberry jelly
- 1/2** cup chopped strawberries
- 1/4** tsp. grated lemon peel
- 2** tsp. lemon juice



Whip together and serve with whole strawberries, and apple & banana slices.

Yy is for Yogurt Popsicles

- 1 cup plain yogurt
- 1 banana, sliced
- 1 teaspoon vanilla extract
- 1 cup fruit juice or fruit chunks (orange juice, sliced peaches, pineapple juice and chunks, strawberries, etc.)

Blend ingredients together and pour into small paper cups. Freeze. Place a plastic spoon or popsicle stick in each cup when yogurt mixture is half frozen.

To serve, turn cup upside-down and run hot water over it until the popsicle slips out. Keep the cup to use as a holder as it is enjoyed. Makes 4-5 small popsicles.



Candied Yams

Ingredients:

- 2 tbsp. cornstarch
- 1-1/2 cups honey
- 1/8 tsp. salt
- 6 yams, sliced and cooked

Instructions:

In a medium saucepan, combine cornstarch, honey, and salt with 1 1/2 cups water and cook on medium-low heat until the liquid is clear. Pour over cooked yams and bake at 400 degrees until brown. Makes 8 servings. Suggestion: Marshmallow Creme Topping.

