Yogurt Bites

**Ingredients**

**BERRY COMPOTE**
- 1 ½ cup (375 ml) frozen raspberries
- 1 ½ cup (375 ml) frozen blueberries
- 2 tbsp (30 ml) maple syrup

**CRUST**
- 3/4 cup (180 ml) whole wheat flour
- 3 tbsp (45 ml) packed brown sugar
- 3 tbsp (45 ml) unsalted butter, melted

**YOGURT PREPARATION**
- 1 ½ cup (375 ml or 350 g) plain Greek yogurt
- 1 egg
- ¼ cup (60 ml) maple syrup
- 1 tsp (5 ml) vanilla extract

**YOU WILL NEED:**
- muffin paper cups
- muffin mold for 12 muffins
- set of measuring spoons
- set of measuring cups
- medium saucepan
- wooden spoon
- 2 medium bowls
- spoon
- whisk
Preparation

1. Preheat the oven to 375 F.
2. Line a 12-muffin mold with paper cups.

**BERRY COMPOTE**

3. Put all compote ingredients in a medium saucepan.
4. Cook over medium heat for 15 to 20 minutes, stirring until the mixture thickens (no liquid).
5. Remove from heat and set aside.

**CRUST**

6. In a medium bowl, combine all crust ingredients.
7. Divide the dough into the muffin cups and press with your fingers to flatten it well.
8. Bake in oven for 15 minutes. Set aside.

**YOGURT PREPARATION**

9. In a medium bowl, mix all ingredients of the yogurt preparation. Set aside.

**ASSEMBLING**

10. Add the compote in the centre of the 12 cooked pastry shells.
11. Pour the yogurt mixture over the compote.
12. Bake for 20 minutes or until yogurt is set.
13. Cool before serving.

**DIETITIAN’S NOTE:** These bites can also be served as a nutritious dessert. For the biggest appetites as a snack, accompany them with a few nuts and/or a fruit.