



Mixed Berry Tarts

This recipe is very easy to customize and simple to make. You can substitute different fruits and your preferred yogurt to make it all your own!

Ingredients:

- Phyllo shells
- Vanilla greek yogurt (or dairy-free vanilla)
- Blueberries
- Raspberries

Directions:

- Add a dollop of yogurt to a shell
- Top with berries
- Enjoy!

“To change your body, you must first change your mind.”

