

## Delicious Frozen Yogurt Bites

Total time: 2 hours

### INGREDIENTS:

- ✓ 1 cup fruit of choice, cut into small pieces as needed (I like berries and kiwis!)
- ✓ 2 tablespoons honey
- ✓ pinch of salt
- ✓ 1 cup full-fat plain Greek yogurt
- ✓ 1 cup granola (use your favourite!)

### DIRECTIONS:

1. Arrange 24 mini cupcake liners in a mini muffin tin, on a plate, or on a baking sheet and set aside.
2. Make the fruit & yogurt filling: Add the fruit to a medium bowl and drizzle the honey over top. Using a fork or the back of a spoon, mash the fruit with the honey, until the fruit is smashed, with small pieces remaining. If you're using larger fruit, like strawberries, you can dice it into smaller pieces to help make this a little easier. If you're using smaller/juicier fruit, like raspberries, they'll mash pretty easily on their own. Stir in the salt and Greek yogurt and mix until combined.
3. Assemble the bites by placing a teaspoon or two of the granola in the bottom of each prepared cupcake liner. Top with a spoonful of the frozen yogurt mixture. If you'd like, you can pop a piece of fruit or a sprinkle of granola on top of the yogurt for a fun garnish.
4. Freeze: Place the frozen yogurt bites in the freezer to set for at least 2 hours before serving. Enjoy!

### TIPS

- Storage: Frozen yogurt bites will keep stored a freezer bag or container in the freezer for 2-3 weeks.
- Yogurt: Full-fat Greek yogurt is the way to go for these frozen yogurt bites! Because it has a lower water content than low- or non-fat yogurt, the bites will be less likely to get that crystalized icy quality to them, making these bites a little creamier – more like frozen yogurt!