

Chocolate Strawberry Frozen Yogurt Bites



PREP TIME

10 mins

FREEZING TIME

1 hr



COURSE

Dessert, Gluten Free, Snacks



SERVINGS

7

CALORIES

437 kcal

EQUIPMENT

- large bowl
- Baking sheet or large plate
- parchment paper
- Microwave-safe bowl
- Spoon

INGREDIENTS

- 3 c chopped strawberries
- 2 c plain vegan greek yogurt
- 2 tsp vanilla extract
- 2 c chocolate chips
- 4 Tbsp coconut oil

INSTRUCTIONS

1. Add the chopped strawberries, plain vegan greek yogurt, and vanilla extract to a large bowl. Combine thoroughly.
2. Add scoops of the yogurt mixture (about 2 tbsp) to a parchment paper lined baking sheet or large plate to form the clusters. You should be able to make 14 large or 21 small clusters.
3. Next, place the baking sheet with the yogurt clusters in the freezer. Freeze until they are completely frozen and solid, about 1-2 hours.
4. Once the clusters are frozen, melt the chocolate. Add the chocolate chips and coconut oil to a microwave-safe bowl and microwave in 15 or 30-second intervals, stirring in between each one, until the chocolate is melted.

5. Remove the frozen yogurt clusters from the freezer and carefully dip each one into the melted chocolate. I recommend using a spoon to ensure each cluster is thoroughly coated.
6. Once coated with chocolate, place each cluster back on the prepared baking sheet.
7. Place the clusters back in the freezer for a few minutes to ensure the chocolate hardens and yogurt solidifies a bit.
8. Keep in the freezer until ready to eat.

NUTRITION

Nutrition Facts

Chocolate Strawberry Frozen Yogurt Bites

Amount Per Serving

Calories 437	Calories from Fat 225
% Daily Value*	
Fat 25g	38%
Carbohydrates 48g	16%
Protein 12g	24%

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!