



CHOCOLATE CHERRY FROYO CUPS

SERVES: 12 (1 cup each) Prep Time: 15 min. + 4 to 6 hours to freeze Cooking Time: None

CONTAINER EQUIVALENTS (per serving): ½ ½ ½

With a no-bake crust and just a few ingredients, these froyo cups are super-easy to put together, but their taste is out of this world! Chocolate and cherries pair beautifully with the sweet richness of the cashew-date crust. This is a recipe we'll be coming back to again and again for our sweet-tooth fix!

¾ cup	raw cashews
¾ cup	pitted dates
¼ tsp.	sea salt (or Himalayan salt)
2 cups	reduced fat (2%) plain Greek yogurt
¼ cup	raw honey
1 tsp.	pure vanilla extract
2 Tbsp.	unsweetened cocoa powder
1 cup	fresh (or unsweetened frozen) cherries, pitted

SPECIAL EQUIPMENT:

Muffin papers/cupcake liners

Nonstick cooking spray (optional)

1. Prepare twelve muffin cups by lining with muffin papers. Lightly coat with spray, if desired. Set aside.
2. Place cashews, dates, and salt in food processor; pulse until a fine crumb forms.
3. Divide cashew mixture evenly (approx. 1 Tbsp. + 1½ tsp.) into bottom of each muffin cup. Pack firmly. Set aside.
4. Clean food processor.
5. Combine yogurt, honey, extract, and cocoa powder in food processor; process until well mixed.
6. Add cherries; pulse until cherries are coarsely chopped.
7. Fill each muffin cup to ¼-inch below the rim with cherry mixture (approx. 2 to 3 Tbsp.). Freeze for 4 to 6 hours, or until solid. Enjoy!

RECIPE NOTES:

- I like to top each muffin cup with a cherry half for garnish.
- Letting froyo cups sit at room temperature for 10 minutes before serving helps soften them slightly.
- Wrap leftover cups individually and store them in the freezer for up to 3 months.

NUTRITIONAL INFORMATION (per serving): Calories: 135 Total Fat: 4 g Saturated Fat: 1 g Cholesterol: 2 mg Sodium: 60 mg Carbohydrates: 20 g Fiber: 2 g Sugars: 15 g Protein: 5 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.