



## LEMON RASPBERRY FROYO BITES

**SERVES: 10** (2 bites each) Prep Time: 15 min. + 2 to 4 hours to freeze Cooking Time: None

CONTAINER EQUIVALENTS (per serving): 1

- 1 cup** reduced-fat (2%) plain Greek yogurt
- 2 cups** frozen raspberries
- ¼ cup** fresh lemon juice
- 2 Tbsp.** finely grated lemon peel (lemon zest)
- ¼ cup** raw honey

- 1.** Prepare twenty muffin cups by lining with muffin papers. Lightly coat with spray, if desired. Set aside.
- 2.** Place yogurt, raspberries, lemon juice, lemon peel, and honey in blender; cover. Blend until smooth.
- 3.** Fill each muffin cup to just below the rim with yogurt mixture (approx. 2 to 3 Tbsp.). Freeze for 2 to 4 hours, or until solid. Enjoy!

### SPECIAL EQUIPMENT:

Muffin papers/cupcake liners

Nonstick cooking spray (optional)

### RECIPE NOTE:

Letting froyo cups sit at room temperature for 10 minutes before serving helps soften them slightly.

**NUTRITIONAL INFORMATION** (per serving): Calories: 56 Total Fat: 1 g Saturated Fat: 0 g Cholesterol: 1 mg Sodium: 8 mg Carbohydrates: 11 g Fiber: 2 g Sugars: 9 g Protein: 3 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.