



Long Livo

Decadent Chocolate Strawberry Greek Yogurt Clusters

15 min

Prep time

Easy

Difficulty

15 min

Total time

American

Cuisine

24

Servings

Ingredients

Main Ingredients

- ☐ 1 cup (245g) plain Greek yogurt, full-fat or 2%
- ☐ 1/4 cup (50g) honey or maple syrup (adjust to taste)
- ☐ 1 teaspoon vanilla extract
- ☐ 1/4 teaspoon sea salt
- ☐ 1 cup (120g) freeze-dried strawberries, lightly crushed (not powdered)
- ☐ 1 cup (170g) dark chocolate chips (60-70% cacao recommended)
- ☐ 2 tablespoons (30g) unsweetened shredded coconut (optional)

Instructions

- 1 Prepare the Yogurt Base: In a medium mixing bowl, combine the 1 cup (245g) plain Greek yogurt, full-fat or 2%, with 1/4 cup (50g) honey or maple syrup (adjust to taste), 1 teaspoon vanilla extract, and 1/4 teaspoon sea salt. Stir everything together well until it's all smooth and combined. Now, go ahead and taste it; if you think it needs more sweetness, just add a bit more honey or syrup. Honestly, trust your taste buds here.
- 2 Incorporate Strawberries: Gently fold in the 1 cup (120g) freeze-dried strawberries, lightly crushed (not powdered), into your yogurt mixture. Be careful not to overmix, yeah? You want to keep those little bits of strawberry intact so you get that lovely texture in every bite.
- 3 Melt the Chocolate: Grab a microwave-safe bowl and add your 1 cup (170g) dark chocolate chips (60-70% cacao recommended). Melt them in 30-second intervals, stirring in between each time, until the chocolate is completely smooth. Dang, be careful not to overheat them, or the chocolate might seize and get grainy.
- 4 Combine Chocolate and Yogurt: Now, add that melted dark chocolate to the yogurt and strawberry mixture. Gently fold it in until it's just combined. Don't overdo it; we want a beautiful swirl, and if you mix too much, the chocolate can become too thin.
- 5 Add Coconut (Optional): If you're using the 2 tablespoons (30g) unsweetened shredded coconut (optional), fold it in now until it's evenly distributed throughout the mix.
- 6 Form the Clusters: Line a baking sheet with parchment paper. Using a small spoon or a cookie scoop—about a tablespoon size—drop rounded spoonfuls of the mixture onto the sheet to create your individual clusters.

- 7 Chill: Place the baking sheet in the refrigerator for at least 30 minutes. You want them to be firm and for the chocolate to be completely set before you touch them.
- 8 Remove and Serve: Once they're set, carefully peel the clusters off the parchment paper. They should pop right off if you're gentle with them.

Nutrition per serving

120 kcal

Calories

5 g

Protein

11 g

Carbs

7 g

Fat

Tips & notes

- The choice of yogurt is important; full-fat yogurt creates a richer, more dessert-like experience.
- If the mixture feels too soft to scoop, you can pop it in the freezer for 5 minutes before scooping.
- Make sure your chocolate is fully melted and smooth before adding it to the yogurt to avoid lumps.