



Long Livo

Frozen Greek Yogurt Peanut Butter Bites

10 min

Prep time

Easy

Difficulty

10 min

Total time

Greek

Cuisine

12

Servings

Snack

Course

Ingredients

Main Ingredients

- ☐ 1 1/2 cup plain Greek yogurt
- ☐ 1/2 cup natural unsweetened peanut butter
- ☐ 2 tbsp honey or maple syrup
- ☐ 1 tsp vanilla extract

- ☐ 1 tsp lemon zest

- ☐ pinch of sea salt

Optional Topping

- ☐ Dark chocolate drizzle
- ☐ Extra lemon zest

Instructions

- 1** In a medium bowl, whisk together the yogurt, peanut butter, honey, and vanilla until the mixture is smooth and creamy.
- 2** Add the lemon zest and a pinch of sea salt, folding gently so the texture stays light.
- 3** Pour the mixture into silicone bite-size molds or spread onto a parchment-lined tray, smoothing the top with a spatula.
- 4** Place the tray in the freezer for at least 2 hours, or until firm. If using a tray, cut into bite-size squares once set.
- 5** Optional: Drizzle with melted dark chocolate and sprinkle a touch more lemon zest before returning to the freezer for another 10 minutes.

Nutrition per serving

80 kcal

Calories

5 g

Protein

9 g

Carbs

4 g

Fat

Tips & notes

- For a firmer bite, increase the freezing time; for a softer texture, reduce it slightly.
- If the mixture feels too thick, stir in a teaspoon of milk to loosen before freezing.
- Enjoy them straight from the freezer for the best contrast of coolness and creaminess.