



Long Livo

Frozen Yogurt Granola Cups – Easy Sweet Treat

15 min

Prep time

Easy

Difficulty

15 min

Total time

American

Cuisine

4

Servings

Dessert

Course

Ingredients

Granola Base

- ☐ 2 cups low-sugar oat granola
- ☐ 2 tbsp honey
- ☐ 1 tbsp melted coconut oil

Yogurt Filling

- ☐ 2 cups Greek frozen yogurt
- ☐ 1 tsp vanilla extract
- ☐ 1 tsp lemon zest
- ☐ Fresh berries for topping (optional)

Instructions

- 1** Preheat a skillet over medium heat, add granola, honey, and coconut oil; stir until lightly toasted, about 3 minutes.
- 2** Press the warm granola mixture into the cups of a muffin tin, compacting firmly to form a crust.
- 3** Place the tin in the freezer for 15 minutes to set the crust.
- 4** In a bowl, whisk Greek frozen yogurt with vanilla and lemon zest until smooth.
- 5** Spoon the yogurt mixture into each chilled granola cup, smooth the top, and add a few berries if desired.
- 6** Freeze the assembled cups for another 30 minutes or until firm. Serve immediately or store in an airtight container.

Nutrition per serving

180 kcal

Calories

8 g

Protein

22 g

Carbs

7 g

Fat

Tips & notes

- If the yogurt becomes too hard, let the cups sit for a minute before eating.
- For extra flavor, drizzle a little honey over the top just before serving.
- Use silicone liners for easy removal without breaking the granola cup.