



Long Livo

Greek Yogurt Cookie Dough

10 min

Prep time

Easy

Difficulty

10 min

Total time

American

Cuisine

4

Servings

Dessert

Course

Ingredients

Main Ingredients

- ☐ 1 cup Greek yogurt (full-fat)
- ☐ 1 cup oat flour
- ☐ 1/2 cup chocolate chips
- ☐ 2 tbsp honey
- ☐ 1 tsp vanilla extract

- ☐ 1 tsp lemon zest

- ☐ Pinch of sea salt

Optional Mix-Ins

- ☐ 2 tbsp chopped toasted almonds
- ☐ 1 tbsp chia seeds (for extra fiber)
- ☐ A drizzle of Greek yogurt chia pudding for texture

Instructions

- 1 In a medium bowl, whisk together the Greek yogurt, honey, vanilla, and lemon zest until smooth.
- 2 Gradually stir in the oat flour and pinch of salt, mixing just until combined.
- 3 Fold in the chocolate chips and any optional mix-ins, being careful not to over-mix.
- 4 Taste a small spoonful; adjust sweetness with a touch more honey if desired.
- 5 Serve immediately or refrigerate for 15 minutes. Scoop into bowls and enjoy.

Nutrition per serving

210 kcal

Calories

12 g

Protein

28 g

Carbs

8 g

Fat

Tips & notes

- If the dough feels too thick, add a splash of milk or almond milk.
- For a richer flavor, toast the oat flour lightly before mixing.
- Replace chocolate chips with white chocolate for a different color palette.