

# Frozen Chocolate Covered Strawberry & Yogurt Bites

PREP TIME: 15-20 MINS

YIELDS: ~23-25 BITES (1/4 INCH SLICES)

## Ingredients

- 1 (5.3 oz) plain, full-fat Greek yogurt (or ~2/3 cup)
- ½ cup fresh strawberries, sliced & chopped or pureed
- 1 tablespoon honey
- 1 cup semi-sweet chocolate chips or wafers
- As needed to soften chocolate: coconut or canola oil

## Nutrition Content for 1 Bite

Calories: 49kcal    Carbohydrates: 7g  
Fat: 3g            Fiber: 0.6g  
Protein: 0.6g     Added sugar: 5g  
Sodium: 3.7mg



## Directions

1. Chop the fresh strawberries or puree them in a blender/food processor (or a combo of both by dividing in half!)
2. In a bowl, mix together the yogurt, honey, and strawberries.
3. Line a cutting board or baking sheet (or another portable flat surface that can fit in freezer) with parchment paper.
4. Scoop mixture creating mounds (roughly 1-2 tablespoons each).
5. Place in freezer for at least 4 hours or overnight.
6. Once yogurt bites are completely frozen, melt the chocolate in a small, dry bowl using the microwave. Melt in 15 second intervals to avoid overheating, stirring in between.
7. If chocolate is too thick for dipping, add a couple drops of oil as needed, stirring to mix between each addition.
8. Dunk the frozen bites into the melted chocolate (using a fork works well).
9. Place back onto the parchment paper. Continue until all yogurt bites are coated in chocolate, reheating chocolate as needed.
10. Place yogurt bites back into the freezer to solidify. Once frozen, enjoy chilled or transfer to a sealed storage bag and keep in the freezer for future use.

## Qualities

Texture: Soft

Scent : 2/10

Spice Level: 0/10

## Recipe Benefits

Promotes Gut Health

Anti-Nausea

Anti-inflammatory

