

STRAWBERRY FROZEN YOGURT BITES

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These berry-licious yogurt bites are a refreshing summery snack!

Prep Time 15 minutes

Total Time 6 hours

Servings [6](#) Servings

Calories 129 kcal

Author Beachbody

INGREDIENTS

- $\frac{1}{2}$ cup finely chopped raw almonds
- 1 tbsp. coconut sugar
- 1 tbsp. extra-virgin organic coconut oil melted
- $\frac{1}{2}$ tsp. ground cinnamon
- $\frac{3}{4}$ cup reduced-fat (2%) plain Greek yogurt
- 2 tbsp. raw honey
- $1\frac{1}{2}$ cups finely chopped fresh strawberries

INSTRUCTIONS

1. Prepare 6 muffin cups by lining with silicone or parchment cupcake liners. Set aside.
2. Combine almonds, sugar, oil, and cinnamon in a small bowl; mix well.
3. Divide almond mixture evenly between muffin cups. Set aside.

4. Combine yogurt and honey in a small bowl; mix well.
5. Evenly top almond mixture with yogurt mixture and strawberries.
6. Freeze for 6 hours, or until firm.
7. Remove from cupcake liners to serve.

