

Plate Dream

Frozen Greek Yogurt Peanut Butter Bites

10 min Prep time	**10 min** Total time	**12** Servings
Easy Difficulty	**American** Cuisine	

Ingredients

Main Mix

- [ ] 2 cups plain Greek yogurt
- [ ] 1/2 cup natural unsweetened peanut butter
- [ ] 2 tbsp honey (optional)
- [ ] 1/4 tsp sea salt
- [ ] 1 tsp lemon zest

Optional Toppings

- [ ] 2 tbsp mini chocolate chips
- [ ] 1 tbsp toasted coconut flakes

Instructions

1. In a medium bowl, whisk together Greek yogurt, peanut butter, honey (if using), sea salt, and lemon zest until the mixture is smooth and glossy.
2. Prepare a silicone mini-muffin tray or line a shallow baking dish with parchment paper.
3. Spoon the yogurt mixture into each mold, smoothing the top with the back of a spoon; if you like, sprinkle chocolate chips or coconut flakes on each bite now.
4. Place the tray in the freezer and let the bites solidify for at least two hours, or until firm to the touch.
5. Pop the bites out of the molds, arrange on a plate, and serve immediately or store in an airtight container.

Nutrition per serving

120 kcal	9 g	9 g	7 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture feels too thick, stir in a teaspoon of milk or water to loosen.
- For a burst of flavor, swirl a thin line of honey on top before freezing.
- You can batch-make these and keep a stash in the freezer for quick snack grabs.