

Plate Dream

Frozen Yogurt Granola Cups Recipe

15 min Prep time	**15 min** Total time	**12** Servings
Easy Difficulty	**American** Cuisine	**Dessert** Course

Ingredients

Granola Cups

- [ ] 2 cups granola (low-sugar)
- [ ] 2 tbsp melted butter
- [ ] 1 tbsp honey

Yogurt Filling

- [ ] 1 ½ cups Greek yogurt
- [ ] 2 tbsp honey
- [ ] 1 tsp lemon zest

Toppings

- [ ] ½ cup fresh berries (strawberries, blueberries)
- [ ] 2 tbsp chopped nuts
- [ ] Extra honey for drizzling

Instructions

1. Preheat the oven to 350°F (175°C). In a bowl, mix granola with melted butter and honey until evenly coated.
2. Press the granola mixture firmly into a silicone muffin pan, creating small cup shapes. Bake for 8-10 minutes until lightly golden, then let cool completely.
3. While the cups cool, whisk together Greek yogurt, honey, and lemon zest. Chill the mixture in the refrigerator for 5 minutes.
4. Fill each cooled granola cup with a spoonful of the yogurt mixture, top with fresh berries, chopped nuts, and a drizzle of honey.
5. Serve immediately or refrigerate for up to 2 hours for a firmer texture.

Nutrition per serving

180 kcal	8 g	22 g	7 g
Calories	Protein	Carbs	Fat

Tips & notes

- Ensure the granola is pressed tightly; this prevents the cups from crumbling.
- If you prefer a dairy-free version, substitute Greek yogurt with coconut-milk yogurt.
- For extra flavor, swirl in a small spoonful of fruit dip before filling.