

## SWEETS

## Froyo Bites



*\*Recipe makes 2 servings (1 serving = 3 bites)\**

PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

## INGREDIENTS

- ¼ cup roughly chopped almonds
- 2 tbsp coconut sugar
- 2 tbsp room temperature coconut oil
- ½ tsp sea salt
- ¾ cup Greek yogurt
- 1 ½ cups fresh strawberries, diced
- 3 tbsp honey, divided

## INSTRUCTIONS

1. Mix the almonds, sugar, coconut oil and sea salt together in a small bowl.
2. Divide between 6 muffin cups. Level with an offset spatula.
3. In a medium bowl combine the yogurt with the strawberries and 2 tbsp of the honey.
4. Dollop the yogurt mixture over the almond mixture in the muffin cups.
5. Drizzle with remaining honey.
6. Freeze for 4-6 hours, or until hardened.