

Choco Fever Dream

Frozen Greek Yogurt Peanut Butter Bites

10 min Prep time	**10 min** Total time	**12** Servings
Easy Difficulty	**Greek** Cuisine	**Snack** Course

Ingredients

Main Ingredients

- [ ] 1 1/2 cup plain Greek yogurt
- [ ] 1/2 cup natural unsweetened peanut butter
- [ ] 2 tbsp honey or maple syrup
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp lemon zest
- [ ] pinch of sea salt

Optional Topping

- [ ] Dark chocolate drizzle
- [ ] Extra lemon zest

Instructions

1. In a medium bowl, whisk together the yogurt, peanut butter, honey, and vanilla until the mixture is smooth and creamy.
2. Add the lemon zest and a pinch of sea salt, folding gently so the texture stays light.
3. Pour the mixture into silicone bite-size molds or spread onto a parchment-lined tray, smoothing the top with a spatula.
4. Place the tray in the freezer for at least 2 hours, or until firm. If using a tray, cut into bite-size squares once set.
5. Optional: Drizzle with melted dark chocolate and sprinkle a touch more lemon zest before returning to the freezer for another 10 minutes.

Nutrition per serving

80 kcal	5 g	9 g	4 g
Calories	Protein	Carbs	Fat

Tips & notes

- For a firmer bite, increase the freezing time; for a softer texture, reduce it slightly.
- If the mixture feels too thick, stir in a teaspoon of milk to loosen before freezing.
- Enjoy them straight from the freezer for the best contrast of coolness and creaminess.