

Choco Fever Dream

Frozen Yogurt Granola Cups – Easy Sweet Treat

15 min Prep time	**15 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Dessert** Course

Ingredients

Granola Base

- [ ] 2 cups low-sugar oat granola
- [ ] 2 tbsp honey
- [ ] 1 tbsp melted coconut oil

Yogurt Filling

- [ ] 2 cups Greek frozen yogurt
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp lemon zest
- [ ] Fresh berries for topping (optional)

Instructions

1. Preheat a skillet over medium heat, add granola, honey, and coconut oil; stir until lightly toasted, about 3 minutes.
2. Press the warm granola mixture into the cups of a muffin tin, compacting firmly to form a crust.
3. Place the tin in the freezer for 15 minutes to set the crust.
4. In a bowl, whisk Greek frozen yogurt with vanilla and lemon zest until smooth.
5. Spoon the yogurt mixture into each chilled granola cup, smooth the top, and add a few berries if desired.
6. Freeze the assembled cups for another 30 minutes or until firm. Serve immediately or store in an airtight container.

Nutrition per serving

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

Tips & notes

- If the yogurt becomes too hard, let the cups sit for a minute before eating.
- For extra flavor, drizzle a little honey over the top just before serving.
- Use silicone liners for easy removal without breaking the granola cup.