

Foodnity Recipes

Frozen Yogurt Granola Cups With Berries

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

Ingredients

Main Ingredients

- [ ] 2 cups granola, lightly toasted
- [ ] 1 pint Greek frozen yogurt (full-fat)
- [ ] 2 tbsp honey
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp lemon zest
- [ ] 1 cup mixed fresh berries (blueberries, raspberries, sliced strawberries)

Optional Toppings

- [ ] Extra granola for garnish
- [ ] A drizzle of melted dark chocolate

Instructions

1. Line a mini-muffin tin with paper liners; press 2-3 tbsp granola into each cup, packing firmly.
2. In a bowl, whisk frozen yogurt with honey, vanilla, and lemon zest until smooth; for a smoother freeze, see layered mousse.
3. Spoon a generous dollop of the yogurt mixture into each granola cup, filling almost to the top.
4. Top each cup with a handful of fresh berries, pressing gently.
5. Place the tin in the freezer for at least 4 hours, or until the yogurt is firm.
6. When ready to serve, let cups sit at room temperature for 2 minutes; garnish with extra granola or a drizzle of dark chocolate, similar to the finish in yogurt bites.

Nutrition per serving

210 kcal	8 g	26 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the yogurt becomes too icy, stir briefly before serving to break up large crystals.
- Use a silicone mini-muffin pan for an easier release.
- For a sweeter cup, add a touch more honey to the yogurt mixture.