

Foodnity Recipes

Strawberry Yogurt Bites – Quick & Healthy Snack

10 min Prep time	**10 min** Total time	**12** Servings
Easy Difficulty	**American** Cuisine	

Ingredients

Main Ingredients

- [ ] 2 cups Greek yogurt (full-fat)
- [ ] 1 cup fresh strawberries, hulled and diced
- [ ] 2 tbsp honey
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp lemon zest
- [ ] Optional: 2 tbsp granola for topping

Instructions

1. In a medium bowl, whisk together Greek yogurt, honey, vanilla extract, and lemon zest until smooth.
2. Gently fold in the diced strawberries, preserving some small chunks for texture.
3. Spoon the mixture into silicone mini-muffin molds, filling each about three-quarters full.
4. If using, sprinkle a pinch of granola on top of each bite for added crunch.
5. Place the molds in the freezer for at least 2 hours, or until solid.
6. To serve, pop the bites out of the molds and let them sit at room temperature for 5 minutes for a softer texture.

Nutrition per serving

85 kcal	5 g	10 g	4 g
Calories	Protein	Carbs	Fat

Tips & notes

- For a brighter flavor, add a splash of orange juice to the yogurt mixture.
- If the strawberries release too much juice, gently pat them dry before folding.
- You can double the recipe for larger gatherings; just ensure the molds aren’t overcrowded.