



Chilled Berry Yogurt Clusters

As the heat of summer arrives, this frozen yogurt and berry snack is a perfect treat to cool you down! Full of antioxidants from the berries and gut health promoting yogurt, you can enjoy this wholesome and cooling snack any time of the day!

Serves: 9

Serving Size: 1 cluster

Ingredients

- 1 cup Greek yogurt, 2%
- 1 ½ cup fresh strawberries, rinsed, stems removed and chopped into small pieces
- 1 tablespoon honey, agave or maple syrup

Directions

1. In a large bowl, add chopped strawberries, Greek yogurt, honey and mix thoroughly.
2. Using an ice cream scoop or medium spoon, scoop out yogurt mixture onto a parchment paper lined baking pan. Mixture should make 9 bite sizes clusters.
3. Freeze for two hours or until solid. Enjoy as a snack on a hot day!

Chef's Note: Try this recipe with other berries like raspberries or blueberries. For a dairy free version, use almond, soy or coconut yogurt. You can also dip the clusters in melted chocolate after freezing!

Nutrition Info per serving:

Calories: 31, Saturated Fat: .3g, Sodium: 8 mg, Added Sugars: 5.5g, Fiber: .5g

Recipe adapted from:

<https://www.thebakingchocolatess.com/easy-frozen-strawberry-yogurt-clusters/#recipe>