

Zucchini Bread Recipes

Frozen Greek Yogurt Peanut Butter Bites

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Snack** Course

Ingredients

Main Ingredients

- [ ] 2 cups plain Greek yogurt
- [ ] 1/2 cup natural peanut butter
- [ ] 3 tbsp honey
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp fresh lemon juice
- [ ] Pinch of sea salt

Instructions

1. In a medium bowl, whisk together the Greek yogurt, peanut butter, and honey until the mixture is smooth and glossy.



2. Stir in the vanilla extract, lemon juice, and a pinch of sea salt; let the blend sit for two minutes so the flavors marry.



3. Spoon the mixture into a silicone ice-cube tray or silicone mini-muffin tin, smoothing the tops with the back of a spoon.



4. Place the tray in the freezer for at least 2-3 hours, or until completely solid.



5 Pop the frozen bites out, store them in a zip-top bag, and enjoy straight from the freezer.



Nutrition per serving

45 kcal	5 g	5 g	2 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a sweeter bite, drizzle a tiny amount of melted dark chocolate over the tops before freezing.
- For a protein punch, stir in a scoop of whey protein powder; just be aware it may affect texture slightly.
- These bites pair beautifully with a glass of cold almond milk for a soothing snack.