

Ingredients

Cooking
is
Bliss!



- 1 cup of raspberries
- 1 cup vanilla Greek yogurt
- 1 cup dark chocolate wafers
- Mold (optional)



1. In a medium bowl, add diced raspberries & vanilla yogurt & stir until well combined.
2. Using a spoon, fill molds with yogurt mixture just until filled, & using a table knife, scrape away the excess.
3. Place on a baking sheet & place in the freezer for approximately 30-45 minutes until set.
4. While yogurt is in the freezer, with approximately 10 minutes left, add dark chocolate to a bowl & melt in 30-second increments in the microwave. Stir between each increment until the chocolate is smooth.
5. Remove molds from the freezer & remove yogurt pieces from the molds. Dip each yogurt into melted chocolate & return to the baking sheet.
6. Return to the freezer for about ten minutes!...dig in!

Notes

- You can use plain yogurt & add vanilla extract.
- You can use the fruit of your choice - strawberries, blueberries, blackberries, peaches...options are endless! You can even add granola for a crunch!
- Store in the freezer for a good bite or in the refrigerator for a creamier consistency!
- A mold is not needed. Simply using a spoon, drop mounds of yogurt mixture onto the tray & allow to freeze.



We all deserve a sweet treat! If you're a "dessert after a meal kind of gal" like me, you constantly struggle with the decision of low calories vs taste. Here's an option that gives you both! These satisfy the sweet tooth & low on calories!

