

Ingredients

- 1/2 cup whole milk Greek yogurt
- 1/4 cup peanut butter powder
- 1 tbsp. creamy peanut butter
- 1/2 tbsp. pure maple syrup
- 1/2 cup dark chocolate chips
- 1 tsp. coconut oil
- Flaky sea salt (optional)

Instructions

1. Stir yogurt, peanut butter powder, creamy peanut butter and syrup in a bowl until smooth.
2. Scoop the mixture onto a parchment-lined small baking tray. *(use a 1 tbsp. cookie scoop, which makes 6 bites).*
3. Freeze for about 20 min. or until firm.
4. Microwave chocolate chips with coconut oil in a microwavable bowl for 1 minute on HIGH. **Stir.** If not smooth, microwave and stir in 15 second increments until smooth.
5. Dip bites into melted chocolate and turn to coat. Sprinkle with flaky sea salt, if desired.
6. Refrigerate for 5 min. or until chocolate is firm.
7. Cover and store in refrigerator for 3 to 4 days.

Peanut Butter Yogurt Bites



6 bites



35 min.

Can I use nonfat or low fat yogurt?

You can use nonfat or low fat, as long as it's Greek yogurt. The thicker texture is better for shaping into round bites. Also, more protein!

Can I double the recipe?

You can double the recipe (probably should, actually- these will go!). Keep in mind that the additional chocolate will take longer to heat in the microwave. Start at 1 min. on HIGH. Stir, then microwave and stir in 20 second increments until smooth.

Nutrition (per bite)

a guide

Calories 161, Total Fat 10 g, Carbs 16 g, Sugars 10 g, Protein 6.6 g, Sodium 77 mg, Fiber 2.8 g

Inspired by recipe from @eatingbirdfood

