

Treasure Barrel

Frozen Greek Yogurt Peanut Butter Bites

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

Ingredients

Main Ingredients

- [ ] 1 cup plain Greek yogurt
- [ ] 1/3 cup natural peanut butter
- [ ] 2 tbsp honey or maple syrup
- [ ] 1 tsp vanilla extract
- [ ] Pinch of sea salt
- [ ] Fresh berries for garnish (optional)

Instructions

1. In a medium bowl, whisk together Greek yogurt, honey, and vanilla until smooth.
2. In a small cup, gently warm peanut butter just enough to loosen it, then set aside.
3. Line a baking sheet with parchment. Drop rounded teaspoons of yogurt mixture onto the sheet.
4. Top each yogurt mound with a small dollop of peanut butter, then use a skewer to swirl gently, creating a marble effect.
5. Sprinkle a pinch of sea salt and optional berries on each bite, then place the sheet in the freezer for at least 2 hours.

Nutrition per serving

120 kcal	8 g	12 g	6 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the yogurt is too runny, strain it through cheesecloth for 30 minutes.
- For a vegan version, use almond-based yogurt and agave syrup.
- Do not over-mix peanut butter; you want visible swirls.