

Raspberry Yogurt Hearts

2 ingredients · 45 minutes · 4 servings



Directions

1. Use a fork to mash the yogurt and raspberries together. Add the mixture to each mini heart silicone tray(s) mold and freeze for at least 45 minutes.
2. Leave the bites out for about five minutes to soften slightly before eating. Enjoy!

Notes

Leftovers

Freeze in an airtight container for up to one month.

Serving Size

One serving is four mini hearts. A mini heart silicone tray with eight molds was used to create four servings.

Make it Vegan

Use dairy-free yogurt.

More Flavor

Add honey or maple syrup, and/or mini chocolate chips.

Additional Toppings

Shredded coconut.

Ingredients

1/3 cup Plain Greek Yogurt

1/4 cup Frozen Raspberries

Nutrition

Amount per serving

Calories	20	Vitamin A	111IU
Fat	0g	Vitamin C	3mg
Carbs	2g	Calcium	44mg
Fiber	0g	Iron	0mg
Sugar	1g	Vitamin D	8IU
Protein	2g	Vitamin B12	0µg
Cholesterol	3mg	Magnesium	2mg
Sodium	12mg	Zinc	0mg
Potassium	16mg	Selenium	0µg