

# AIRY PB YOGURT CHOCOLATE CUPS

These are a light and simple dessert packed with protein and a great way to have some sweets.

SERVINGS	SERVING SIZE	TIME TO MAKE
4	1/2 Cup	10 MINUTES+FREEZING

## INGREDIENTS

- 1 Cup Yogurt, Plain (Greek, full fat ideally)
- 1/4 Cup Peanut Butter
- 1 Tablespoon Maple Syrup
- 1/2 Cup Chocolate Chips
- 1 teaspoon Coconut Oil

## DIRECTIONS

1. In a medium size bowl, mix together yogurt, peanut butter and maple syrup
2. Evenly divide into 4 containers that are freezer/fridge safe like a glass jar
3. Place into freezer, lying flat
4. Freeze for 2 hours or until desired effect (hardened to continue to next step)
5. Place chocolate chips into microwave safe container (glass jar or place on double boiler and add coconut oil until melted and mixed). If using microwave, place parchment paper over bowl and heat on half speed for 20 second intervals
6. Remove and add coconut oil, stir until mixed well
7. Allow chocolate to cool down for a few minutes and remove cups from freezer
8. Gently pour onto cups, spreading out chocolate mixture, cover with a wrap
9. Place back into freezer for 30 minutes or until desired effect, or place in fridge until ready to eat.
10. If in freezer, take out and place in fridge until ready to eat
11. Enjoy!

Nutritional Information per serving: 236 Calories, 17 grams Fat, 7 gram Saturated Fat, 10 mg Cholesterol, 83 mg Sodium, 16 grams Total Carbohydrates, 1 gram Fiber, 9 grams Sugar, 7 grams Protein, 0% Vitamin A, 0% Vitamin C, 6% Calcium, 5% Iron