

Helergon Kitchen

Frozen Greek Yogurt Peanut Butter Bites

15 min Prep time	**15 min** Total time	**12** Servings
Easy Difficulty	**American** Cuisine	**Dessert** Course

Ingredients

Main Ingredients

- [ ] 2 cups Greek yogurt (full-fat)
- [ ] 1/2 cup natural peanut butter
- [ ] 2 tbsp honey or maple syrup
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp lemon zest
- [ ] Pinch of sea salt

Optional Topping

- [ ] Toasted coconut flakes
- [ ] Mini chocolate chips

Instructions

1. In a medium bowl, combine the Greek yogurt, peanut butter, honey, vanilla, lemon zest, and sea salt. Stir gently until the mixture is smooth and glossy.
2. If you like a bit of texture, fold in the optional mini chocolate chips now.
3. Spoon the mixture into silicone molds or a lined mini-muffin tin, filling each about three-quarters full.
4. Place the tray in the freezer for at least 2 hours, or until the bites are firm.
5. Pop the bites out, sprinkle with toasted coconut flakes if using, and serve immediately or store in a sealed bag.

Nutrition per serving

120 kcal	8 g	10 g	6 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture feels too thick, add a splash of milk or almond milk before filling molds.
- A quick tap on the silicone tray releases any trapped air for smoother bites.
- For a visual twist, drizzle melted dark chocolate over the bites before freezing.