



## Frozen Berry Almond Yogurt Bites

### INGREDIENTS

- 1 cup plain greek yogurt
- 1 teaspoon honey
- $\frac{1}{4}$  cup plus 2 tablespoons almond butter
- $\frac{1}{4}$  cup berries

### DIRECTIONS

In a bowl, add the yogurt and honey and stir to combine. Transfer 3 tablespoons of the mixture into 6 paper-lined muffin tins. Spoon 1 tablespoon of the almond butter over each yogurt cup. Sprinkle berries over the yogurt cups. Freeze until solid, about 2 hours. Makes 6 servings; 110 calories each.