



Raspberry Yogurt Hearts

4 servings

45 minutes

Ingredients

1/3 cup Plain Greek Yogurt
1/4 cup Frozen Raspberries

Nutrition

Amount per serving	
Calories	20
Fat	0g
Saturated	0g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	2g
Fiber	0g
Sugar	1g
Protein	2g
Cholesterol	3mg
Sodium	12mg
Potassium	16mg
Vitamin A	111IU
Vitamin C	3mg
Calcium	44mg
Iron	0mg
Vitamin D	8IU
Vitamin E	0mg
Vitamin K	0µg
Thiamine	0mg
Riboflavin	0mg
Niacin	0mg
Vitamin B6	0mg
Folate	2µg
Vitamin B12	0µg
Phosphorous	3mg
Magnesium	2mg
Zinc	0mg

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.



Selenium

0µg