

SUPER CREAMY RECIPES!

Yogurt Chocolate

CRUNCHY ON THE OUTSIDE, CREAMY ON THE INSIDE!



INGREDIENTS:

- Plain or vanilla yogurt
- Dark, milk, or white chocolate (whichever you prefer)
- A splash of coconut oil
(optional; helps make the chocolate smoother and shinier)
- Small fruits (diced strawberries, blueberries, banana...)

PREPARATION:

1. Melt the chocolate in the microwave or over a double boiler. Add a few drops of coconut oil if you want it to be more liquid.
2. Coat the molds: using a teaspoon, coat the inside of each mold with a thin layer of melted chocolate. Place the tray in the freezer for 5-10 minutes to set.
3. Fill with yogurt and fruit: place a small piece of fruit in each cavity and top with yogurt.
4. Freeze for a few hours until firm.
5. Unmold and enjoy these irresistible chocolate-style dots!

*NOTE: You can add sugar or sweetener to taste for a sweeter touch.