



GREEK YOGURT FRUIT BITES

INGREDIENTS

ITEM

Plain Low-fat Greek Yogurt
Vanilla Protein Powder
Honey (Optional)
Vanilla Extract
Strawberries, halved
Banana, sliced

QUANTITY

$\frac{3}{4}$ Cup
1 Scoop
1-2 Tsp.
 $\frac{1}{2}$ Tsp.
1 Cup
1

SERVING SIZE

3

PREPARATION

- 👉 Mix Greek yogurt, protein powder, vanilla, and sweetener until thick.
- 👉 Dip strawberries and banana slices into yogurt mixture.
- 👉 Place on parchment-lined tray.
- 👉 Freeze for 1.5-2 hours until firm.