

# Peanut Butter & Blueberry Frozen Yogurt Bark

4 SERVINGS 4 HOURS 5 MINUTES



## INGREDIENTS

1 1/2 cups Plain Greek Yogurt  
1 tbsp Honey  
3 tbsps All Natural Peanut Butter  
1/2 cup Blueberries

## DIRECTIONS

- 01 Line a baking sheet with parchment paper and mix the yogurt and honey together. Spread the yogurt mixture evenly onto the lined baking sheet.
- 02 Using a spoon, add dollops of peanut butter to the yogurt mixture. Using a toothpick, gently swirl the peanut butter into the yogurt mixture. Top with blueberries.
- 03 Freeze for at least four hours or overnight. Slice or break apart into pieces. Enjoy!

## NOTES

### LEFTOVERS

Keep frozen in an airtight container or freezer bag for up to one month.

### SERVING SIZE

One serving is equal to approximately 1/2 cup.

### DAIRY-FREE

Use coconut yogurt instead of Greek yogurt.

### MORE FLAVOR

Add chocolate chips or melted chocolate.

### NO HONEY

Use maple syrup instead.

### NO BLUEBERRIES

Use other berries or banana instead.

# Lemon Blueberry Fat Bombs

10 SERVINGS 1 HOUR



## INGREDIENTS

2 1/4 tbsps Coconut Oil  
2 1/4 tbsps Raw Honey  
1/2 cup Coconut Butter  
1/2 tsp Vanilla Extract  
1/4 Lemon (juiced, zested)  
1/2 cup Blueberries

## DIRECTIONS

- 01 In a saucepan over low heat, melt the coconut oil, honey, and coconut butter. Add the vanilla extract and whisk until well combined.
- 02 Pour the mixture into a silicone muffin tray or muffin cups. Top each cup with lemon juice, zest, and blueberries.
- 03 Refrigerate for about one hour or until set. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days, or freeze for up to three months.

### SERVING SIZE

This recipe was made in a mini muffin tray. One serving equals one fat bomb, approximately 1-inch (2.5 cm) deep.

### MORE FLAVOR

Add cinnamon or nutmeg to taste.

### ADDITIONAL TOPPINGS

Add sliced almonds, crushed pistachios, or coconut flakes.

### NO COCONUT OIL

Use cacao butter instead.