Frozen Greek Yogurt and Pomegranate Bites

Ingredients
- 2 cups 2% Greek yogurt
- ½ cup powdered sugar
- 2 cups pomegranate seeds

Making it
1. In a large bowl whisk well yogurt and sugar until creamy. Add pomegranate seeds and mix well.
2. Pour mixtures into square ice cube trays.
3. Place trays in the freezer for 3 – 4 hours until frozen.

NUTRITION FACTS
Servings: 12 (2 cubes per serving)

PER SERVING
Calories (kcal): 65
Fat (g): 0.4
Carbohydrate (g): 12
Fibre (g): 0.9
Protein (g): 4.8

Did you know?
Greek yogurt is just normal stirred yogurt drained of liquid. The yogurt is drained and the liquid (whey) is removed and what is left is the casein protein in the Greek yogurt.