

Frozen Yogurt Granola Cups



Ingredients:

- 3 small cups (18 ounces) low-fat yogurt, any flavor
- 1 cup granola
- 3 tablespoons peanut butter
- 1 cup berries of any variety, chopped

Directions:

1. Heat peanut butter in the microwave for about 30 seconds.
2. In a medium bowl, pour peanut butter mixture over the granola and stir to mix.
3. Divide the granola mixture evenly among 6 lined muffin cups and press it into the bottom.
4. Put 3 ounces of yogurt into each cup.
5. Top with the berries, divided evenly between the 6 cups.
6. Cover the pan with plastic wrap and freeze overnight.
7. Remove from freezer 5 minutes before serving.

Makes 6 servings.



Tarrant County Public Health

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