

Helergon Kitchen

Frozen Yogurt Granola Cups

10 min Prep time	**5 min** Cook time	**15 min** Total time
6 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

For the Cups

- [ ] 2 cups granola (preferably with nuts and seeds)
- [ ] 2 tbsp melted butter or coconut oil
- [ ] 1 pinch sea salt

For the Filling

- [ ] 1 pint plain Greek frozen yogurt
- [ ] 2 tsp honey (optional)
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp lemon zest

Toppings

- [ ] Fresh berries (strawberries, blueberries, raspberries)
- [ ] Additional honey drizzle
- [ ] A sprinkle of extra granola

Instructions

1. Combine granola, melted butter, and sea salt in a bowl; stir until evenly coated.
2. Press the granola mixture firmly into the wells of a silicone muffin tin, creating compact cups.
3. Place the tin in the freezer for 5 minutes to set the cups.
4. Meanwhile, whisk frozen yogurt with honey, vanilla, and lemon zest until smooth.
5. Spoon the yogurt filling into each chilled granola cup, smoothing the top.
6. Top with fresh berries, a drizzle of honey, and a sprinkle of extra granola; serve immediately.

Nutrition per serving

210 kcal	9 g	23 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the granola cups crack, press them a little tighter next time.
- Allow frozen yogurt to soften for a few minutes for easier scooping.
- Feel free to experiment with flavored yogurts, such as mango or strawberry.