

Crunchy Yogurt Clusters

5 ingredients · 2 hours · 12 servings



Directions

1. Line a baking sheet with parchment paper, wax paper or a silicone mat.
2. Add all ingredients in a bowl and mix well to combine. Scoop the mixture and transfer to the lined baking sheet, forming clusters of about 2 to 2.5 inches.
3. Freeze for at least 2 hours before serving. Enjoy!

Notes

Leftovers

Keep frozen in an airtight container or freezer bag. Line with parchment paper between pieces if needed.

Serving Size

One serving equals roughly one cluster.

Nut-Free

Use pumpkin seeds and sunflower seeds instead.

More Flavor

Add maple syrup.

Additional Toppings

Top with hemp seeds, bee pollen or pomegranate seeds.

Dairy-Free

Use coconut yogurt instead of Greek yogurt.

Ingredients

3/4 cup Plain Greek Yogurt

1/2 cup Almonds

1/4 cup Cashews

1/4 cup Pumpkin Seeds

1/4 cup Dried Unsweetened Cranberries

Nutrition

Amount per serving

Calories	82	Iron	1mg
Fat	6g	Vitamin D	6IU
Carbs	5g	Folate	5µg
Fiber	1g	Vitamin B12	0µg
Sugar	2g	Magnesium	24mg
Protein	4g	Zinc	0mg
Calcium	50mg	Selenium	1µg