

# CHOCOLATE, DATE, & YOGURT CLUSTERS

## NUTRITION FACTS

Serving Size: 1 large cluster, or 2 small clusters

*Calories: 191 | Carbohydrates: 22g | Protein: 5g | Total Fat: 11g | Saturated Fat: 6g | Sodium: 15mg | Fiber: 2g*

## INGREDIENTS

- 1 cup Plain Greek Yogurt (lowfat or 2%)
- 1/3 cup Pitted Dates (chopped)
- 1/4 cup Raw Peanuts
- 1 1/2 tbsp All Natural Peanut Butter
- 1 cup Milk Chocolate Chips
- 1 tbsp Coconut Oil

## DIRECTIONS

1. Add Greek yogurt, dates, peanuts, and peanut butter to a bowl. Mix until it is creamy.
2. With a spoon, scoop small dollops of mixture onto a parchment lined cookie sheet. Place them into the freezer for one hour.
3. Once freezing is done, place chocolate chips and coconut oil in a microwave safe bowl. Microwave in 30 second increments so the chocolate does not burn (stir every 30 seconds).
4. Coat each frozen yogurt cluster in chocolate.
5. Place the clusters back in the freezer for about one hour. Enjoy!

## NOTES

**Allergy to Peanut/Coconut:** Remove peanuts from recipe. Replace with another favorite crunchy item (another nut, pretzel, etc.). Swap peanut butter for sunflower butter or other option. Swap coconut oil for vegetable oil.

**Change It Up:** Substitute vanilla Greek yogurt in place of plain Greek yogurt for a hint of sweetness.





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