



AULTCARE WELLNESS RECIPE



## CHOCOLATE STRAWBERRY YOGURT CLUSTERS

### Ingredients:

1 ½ cups chopped strawberries

1 cup plain Greek yogurt

1 Tbsp honey

1 tsp vanilla extract

1 cup semi sweet chocolate chips

2 Tbsp coconut oil

Total time : 30 minutes

Prep time: 30 minutes

Servings: 10

## Instructions:

- 1.** Add the chopped strawberries, plain Greek yogurt, honey, and vanilla extract to a large bowl. Combine thoroughly.
- 2.** Add scoops of the yogurt mixture (about 2 Tbsp) to a parchment paper lined baking sheet or large plate to form the clusters. You should be able to make 10 clusters.
- 3.** Next place the baking sheet with the yogurt clusters in the freezer. Freeze until they are completely frozen and solid, about 1-2 hours.
- 4.** Once the clusters are frozen, melt the chocolate. Add the chocolate chips and coconut oil to a microwave-safe bowl and microwave in 15 or 30-second intervals, stirring in between each one, until the chocolate is melted.
- 5.** Remove the frozen yogurt clusters from the freezer and carefully dip each one into the melted chocolate. I recommend using a spoon to ensure each cluster is thoroughly coated. See the Expert Tips section for more help. Once coated with chocolate, place each cluster back on the prepared baking sheet. Add a sprinkle of sea salt if you'd like.
- 6.** Place the clusters back in the freezer for a few minutes to ensure the chocolate hardens and yogurt solidifies a bit. Enjoy!