



## From the Kitchen of Executive Chef Jessica VanRoo

### Berry Yogurt Crunches

#### Crust

- ¼ cup whole-wheat flour or gluten-free substitute
- 3 tablespoons monk fruit brown sugar
- ½ cup walnuts, coarsely chopped
- 1 tablespoon arrowroot powder or cornstarch
- 2 tablespoons unsalted butter or plant-based butter

#### Filling

- ⅓ cup nonfat Greek yogurt
- 1 tablespoon honey
- 2 tablespoons frozen berries, defrosted and well drained
- Chopped nuts or toasted coconut (optional garnish)

#### Instructions

- Preheat oven to 350 degrees.
- Combine crust ingredients in food processor and mix until well combined and come together in a ball.
- Oil a mini muffin pan well and press a scant tablespoon of crust into each cavity.
- Bake crusts 10 minutes or until golden brown, remove from oven, allow to cool completely, then remove from pan.
- Mix filling ingredients well in food processor.
- When you are ready to serve, spoon yogurt berry mix into each shell.
- Garnish with toasted coconut or chopped nuts ,if desired.