



From the Kitchen of Executive Chef Jessica VanRoo

Strawberry Yogurt Bites

Makes 24

17 calories using maple syrup sweetener; 10 using monk fruit

Description from Living Well UCI Health Blog: www.ucihealth.org/blog

This recipe features Greek yogurt, which is rich in calcium, protein and probiotics. That means it promotes both bone and improved gut health.

Emerging research shows that a healthy gut contributes to good mental health because the gut — not just the brain — makes serotonin and dopamine, our feel-good neurotransmitters.

Total cost: \$7.08/ \$0.30 per bite

Ingredients

- 12 ounces plain Greek yogurt
- 1 cup strawberries, hulled
- 2 tablespoons milk of choice
- Sweetener of choice, maple, honey, monk fruit, etc. (optional)

Instructions

1. Combine ingredients in food processor or blender.
2. Mix until well blended.
3. Taste and adjust sweetness by adding your sweetener of choice
4. Pour mixture into an ice cube tray, preferably silicone.
5. Freeze until firm and serve.