3-Ingredient “Chocolate-Covered Strawberry” Frozen Greek Yogurt Bites

**Prep Time:** 5 min. (plus freezing)  
**Cook Time:** 0 min.  
**Total Time:**
**Yields:** This makes about ¾ cup of yogurt mixture, which should be enough for 9-12

**Ingredients**
- ½ cup nonfat blended strawberry Greek yogurt (not fruit on the bottom yogurt)
- 3 ½ tablespoons 100% fruit seedless strawberry jelly
- 4 teaspoons mini chocolate chips

**Directions**
1. In a medium bowl, combine yogurt and jelly.
2. Chop chocolate chips and add them to the yogurt mixture, stirring thoroughly.
3. Spoon mixture into molds, or dollop from a spoon onto a parchment-lined baking sheet. If using molds, tap gently on counter so the yogurt levels smoothly.
4. Add "popsicle sticks" if desired (see note).
5. Freeze until solid. Unmold or peel from parchment immediately after removing from freezer, while still thoroughly frozen.
6. Serve immediately or return to freezer tightly wrapped or packaged in airtight containers.

**Recipe Notes**

"Popsicle sticks": As we mentioned in the text of this post, there are lots of fun options for sticks. We loved using colorful paper straws, cut into thirds. For the size of our molds, colored toothpicks also worked well. Be creative!
Molds: As mentioned in the post, we found that flexible molds work much better for this recipe than hard plastic candy molds. Have fun trying different sizes and shapes, based on the holiday or your party theme (or whatever mold shapes you just happen to have on hand). Also, don’t forget that you don't even need a mold to make these at all. Simply follow our directions for spooning them onto a parchment-lined baking sheet to make quick and easy frozen yogurt dots!

Make ahead tips and storage: For longer storage, we recommend unmolding these yogurt bites (or peeling them off of the parchment if you aren't using molds), and storing them in an airtight container or freezer storage bag.

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YIELD: ABOUT 1 1/4 CUPS

3-Ingredient Chocolate Dip

Just 3 simple ingredients! This decadent Chocolate Dip recipe is terrific served warm, as a fondue for parties or an indulgent dessert for romantic dinners. But it's also fantastic for dipping at room temperature, too — ideal for sharing at picnics and potlucks!

Ready in 30 Minutes or Less • Make Ahead • Vegetarian • Gluten Free •

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Ingredients

1 1/4 cups semi-sweet chocolate chips, divided 1/2 cup fat free evaporated milk 1 teaspoon coconut oil

Instructions

Place 1 cup chocolate chips, evaporated milk, and coconut oil in a medium-sized, microwave-safe bowl. Microwave on high for approximately 1 1/2 minutes (the exact timing can vary slightly depending on the power and wattage of your microwave). Stir until completely smooth and well-incorporated. (Do not microwave again. Just use the heat from the warmed chocolate mixture to continue melting the entire mixture.) Once the warmed chocolate mixture is smooth, stir in the remaining 1/4 cup chocolate chips and continue stirring until they're melted, and the dip is thickened and entirely smooth. Serve immediately as a fondue / warm molten lava dip, or allow to come to room temperature, and serve with fruit, graham crackers, or other dippers (see additional serving ideas in post above).

Notes
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tondue, gently rewarm it in the microwave until it's the desired consistency. Be sure to check it and stir it very frequently while rewarmed, so it doesn't scorch during reheating. If you prefer to serve this dip at room temperature, take it out of the refrigerator a little before serving (since it's a bit too thick straight out of the fridge for easy dipping). It'll return to a perfect dipping consistency as it sits.

NUTRITION INFORMATION:  YIELD: 10 servings

SERVING SIZE: 2 tablespoons

Calories: 126  Total Fat: 8g  Saturated Fat: 5g
Trans Fat: 0g  Unsatuated Fat: 3g  Cholesterol: 4mg  Sodium: 16mg

Fiber: 15g  Sugar: 13g  Protein: 2g

Nutrition information should be considered an estimate only, and may vary depending on your choice of ingredients or preparation. No guarantees are made regarding allergies or dietary needs. Always consult a physician or dietician for specific advice and questions.

Did You Make This Recipe?

We'd LOVE to hear! Please leave a star-rating above. And, tag us on Instagram @twohealthykitchens or use the sharing buttons below!

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https://twohealthykitchens.com/3-ingredient-chocolate-lava-dip/

Exclusive Member of Mediavine Food
Healthy Valentine's Snack Mix

Skip the high calorie Valentine treats and sub in this delicious and Healthy Valentine's Snack Mix to make everyone happy.

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**Ingredients**

- 1 cup freeze dried strawberries
- 1 cup yogurt bites
- 1 cup rice or corn Chex
- 1 cup pink m&ms
- 1 cup strawberry fruit snacks
- 1 cup sour cherry candies

**Instructions**

Mix all in a large bowl and enjoy!

**Nutrition Information:**

Yield: 12  
Serving Size: 1

*Amount Per Serving:*  
Calories: 203  
Total Fat: 4g  
Saturated Fat: 2g  
Trans Fat: 0g  
Unsaturated Fat: 1g  
Cholesterol: 4mg  
Sodium: 49mg  
Carbohydrates: 39g  
Fiber: 1g  
Sugar: 27g  
Protein: 2g

**Did you make this recipe?**

Share and Tag @MyFamilyTable on Instagram...I'd love to see it. Or leave a comment!

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Cuisine: American  
Category: desserts

https://www.aroundmyfamilytable.com/healthy-valentines-snack-mix/
EASY VALENTINE’S SNACK MIX

COURSE: APPETIZER, DESSERT, SNACK    CUISINE: AMERICAN
KEYWORD: VALENTINES SNACK MIX    PREP TIME: 10 MINUTES
COOK TIME: 2 MINUTES    TOTAL TIME: 12 MINUTES    SERVINGS: 8

Mix and match your favorite sweet and crunchy snacks to create a delicious mix!

INGREDIENTS

MIX OPTIONS
- mini pretzels
- popcorn air-popped
- cereal chex, cherrios, or your choice
- peanuts or a nut of your choice
- M&Ms or other candies
- sprinkles
- white chocolate or white candy melts
- pink candy melts

INSTRUCTIONS

1. In your largest bowl, or a large roasting pan, mix all ingredients except the M&M’s, sprinkles, and candy melts. Do not over fill your dish, you will need room to toss the ingredients together.

2. Melt white candy melts (or white chocolate) in a microwave safe dish (at 50% power) in 30 second intervals until almost melted. Stir until completely melted and smooth. Pour the melted chocolate over the dish of snacks and then stir, stir, stir! It’s up to you if you want the mix to be totally coated, or lightly coated (depending on the amount of melted chocolate you use).

3. When the snacks are evenly coated, pour entire mixture out onto a baking sheet (or two if needed).

4. Immediately (while the coating is still warm and melty) add sprinkles and M&M’s. They will stick to some of the clusters as the white chocolate cools (this is a good thing).

5. If desired, melt another color of candy melts (in this case, I used pink), and drizzle the colored candy melts over the snack mix as it cools. This will add a bit more color.

6. Allow snack mix to cool and chocolate (and candy melts) to set up (about 30 minutes). Once cool, break apart as needed and store in an airtight bag or container.

7. Party mix with popcorn in it will remain fresh tasting about 2-3 days, and a bit longer without popcorn.

NOTES

For the mixture pictured, I used mini pretzels, corn chex, popcorn, pink candy melts, sprinkles and M&M’s

I have not listed quantities because it’s really up to you how much you want to make, or what ingredients you have on hand.