

Cleo Coyle's Easy Frozen Yogurt Bites

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*Whether it's hot or not outside, these pretty little **Frozen Strawberry Shortcake Bites** are easy to make. They're also delicious to eat and low in fat and calories. The ones you see pictured clocked in under 50 calories per treat.*

Using this recipe, you can make your own frozen yogurt bites in a variety of flavors: Blueberry Pie, Lemon Dream, Cinnamon Apple-Walnut, Pineapple-Coconut, Peach-Pecan, Raspberry-White Chocolate, Banana-Peanut Butter Chip, Chocolate-Covered Cherry... The combinations are limited only by your imagination—and the yogurts sold in your local grocery store. ~ Cleo

Makes 12 frozen bites

You will need:

1 mini muffin pan (with 12 cups)
12 mini paper liners

Ingredients:

1 six-ounce container (or 1/2 heaping cup) of **yogurt**
1/4 cup + 1 tablespoon **sweetened condensed milk** (regular or low fat)
Fruit of choice (e.g., strawberries, blueberries, pineapples, bananas, peaches)
12 Nilla wafers (I use reduced fat)



** Optional: Depending on your yogurt flavor, consider some fun add-ins, such as... chopped dark chocolate, chopped nuts, lime or lemon zest, peanut butter chips, raisins, M&Ms, shredded coconut, butterscotch chips, etc...*

RECIPE NOTE: *The amount of sweetened condensed milk in this recipe works out to exactly 1/4 of a typical 14-ounce can. If you'd rather use up the entire can at one time, simply quadruple this recipe: that is, use 4 six-ounce containers of yogurt and 48 Nilla wafers. You can certainly have fun with multiple flavors if you do this, dividing up the can of milk into four bowls and using four different flavors of yogurt.*

Method:

Step 1 - Stir together the yogurt (of your choice) and the sweetened condensed milk. Slice up the fruit (or other suggested flavor boosters), add, and stir. (How much or how little fruit or other items you add is up to your own taste.) Set aside in refrigerator. (In the bites that you see pictured, I used Yoplait Strawberry Shortcake yogurt, stirred in the low-fat sweetened condensed milk, and sliced in 3 fresh strawberries.)

Step 2 - Prep cookie crust: The easiest "cookie crust" to use here is a Nilla wafer that's whittled down with a paring knife. (See my photo.)

NILLA NOTE: Now, I know there are mini-cheesecake recipes out there that say, "Just drop a Nilla wafer in your mini muffin cup and fill." Unfortunately, no Nilla wafer I've ever bought has fit properly into the bottom of any mini muffin pan I've ever had. My solution is to take a paring knife and whittle around the Nilla wafer to fit. The resulting cookie crumbs come in very handy, by the way, so be sure to save them for the final garnish on your frozen yogurt bites.



Step 3 - Prep pan: Drop each whittled down Nilla wafer into a paper-lined mini muffin cup. (Now they will fit!) BTW: Another option for a "cookie crust" is your basic graham cracker crust: Combine **1 package graham crackers** (that's about 9 "boards" or 1-2/3 cups crumbs) with **1/4 cup granulated sugar**. Add in **1/3 cup melted butter**. Press crumb mixture into bottom of paper lined muffin cups.

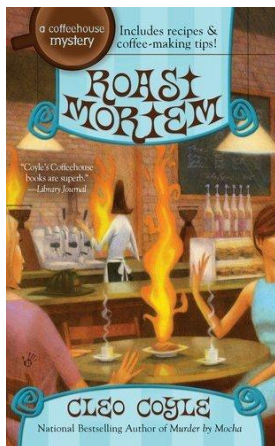
Step 4 - Assemble and freeze: Spoon the yogurt mixture into each cup. You can freeze as is or pretty up the cups by adding a slice of fruit on top or a sprinkle of chopped chocolate, nuts, or whatever helps identify your yogurt flavor to you or your guests. To finish...

I like to add a tiny shot of whipped cream on top of each cup before freezing.

(Time to use those Nilla wafer crumbs!) Garnish each yogurt cup with a sprinkling of cookie crumbs over the top. Place pan in freezer for at least 2 hours and...

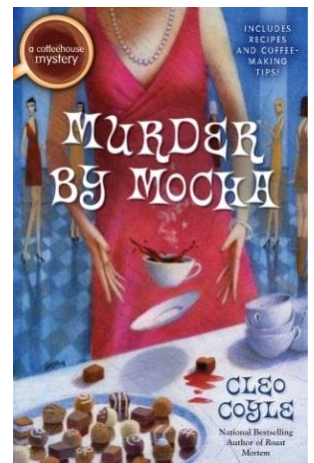


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~ Cleo Coyle, author of
The Coffeehouse Mysteries



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