

Frozen Smoothie Bars

Ingredients:

1. 450g of Epigamia Natural or Vanilla Bean Greek yogurt
2. 1 cup of your choice of berries (strawberries, blueberries, raspberries,
3. blackberries, etc.)
4. ¼ cup milk
5. ¼ cup honey
6. 1 ½ cups granola
7. 2-3 teaspoons sugar (optional)

Preparation

1. In a medium size pan over medium high heat, combine and cook strawberries until they become a jam-like consistency. Cook for 10-12 minutes, stirring often, until the mixture thickens. Remove from heat and let cool to room temperature. Repeat with other berries for variety, if desired.
2. In a large bowl, combine and mix together yogurt, milk and honey. Mixture should be thick but pourable. Taste mixture to see if you want to add 2-3 teaspoons of sugar for additional sweetness.
3. To assemble, pour 1-2 tablespoons of yogurt into each mold then add 1-2 tablespoons of fruit jam and a tablespoon of granola. Continue layering until the molds are filled. Tap mold against counter to release any air bubbles and freeze for at least 6 hours (time will vary according to freezer setting and how full it is).
4. To remove smoothie bars from the mold, run it under hot water.

*Frozen Smoothie Bars will keep for 1 week in the freezer.