



Peanut Butter Frozen Yoghurt Bars



serves 8 bars



4h 10 mins

INGREDIENTS

180g Greek Yoghurt

90g Peanut butter

4 tbsp honey

1 tsp vanilla extract

4 tbsp mini chocolate chips (optional)

146g peanuts, chopped (optional)

DIRECTIONS

1. In a bowl, mix Greek yoghurt, peanut butter, honey, and vanilla extract until smooth.
2. Pour the mixture into a lined baking dish or silicone mold
3. Sprinkle mini chocolate chips and chopped peanuts on top, if using
4. Freeze for at least 4 hours or until firm
5. Once frozen, cut into bars or squares and serve immediately