

ONE BITE

VEGAN MAGAZINE

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Is Palm Oil Vegan?

Reviewed:
Vegan BBQ
Cookbook

Vegan Summer Picnic Recipes

Frozen Yogurt Bars

By Florentina Lile

The best homemade frozen Greek yogurt bars with berries or your favorite fruit combinations. Vegan and gluten-free, perfect for breakfast, a healthy dessert or as a fun DIY project with the kids.

Prep Time: 10 minutes

Cook Time: 3 minutes

Freezing time: 4 hours

Total Time: 13 minutes

Servings: 10 people

Ingredients

- 2 cups Vegan Greek style yogurt (I love the Cocoyo brand)
- 5 oz blueberries (fresh or frozen)
- 2 oz fresh blackberries
- 1 tsp vanilla extract
- 1/2 lemon ,juiced
- 4 tbsp maple syrup

Instructions

1. Combine the lemon juice and blueberries in a saucepan and bring to a simmer. Cook until all the blueberries have popped and allow to cool off.
2. In a medium bowl combine the vegan yogurt, vanilla and maple syrup. Fold in the blueberry sauce once cooled.
3. Line a 8x12 shallow baking dish with parchment paper and pour in the yogurt mix.
4. Sprinkle with the fresh blackberries and freeze 4 to 6 hours until frozen solid. Cut them into 2-3 inch bars and enjoy.





About the author...

Florentina is the creator of Veggie Society, a Whole Foods, Plant Based Lifestyle Blog.

She is the voice behind the recipes and articles you'll find there so pull up a chair, kick your feet up and stay a while. The Recipes are easy plant-based recipes focusing on nutritious whole foods: vegetables, fruit, whole grains, legumes and tubers and 100% Vegan ~ No animal products ever! [Check out her website.](#)

