

Greek Yogurt Snack Ideas

Creamy, protein-rich yogurt makes a delicious healthy, filling snack day or night. Along with 21 grams of protein, it's also an excellent source of probiotics, which help with digestion.

Frozen Fruit Sherbet

In a blender, combine 1 pound frozen fruit (berries, mango, or pineapple), ½ cup vanilla Greek yogurt, 1/3 cup water, and honey or sugar to taste, if desired. Blend until smooth. Serve immediately or freeze.

Pineapple-Coconut Yogurt Cup

Top ½ cup plain yogurt with diced pineapple, coconut, almonds, and lime zest. Drizzle with honey for a sweet finish.

Yogurt Parfait

Top your favorite Greek yogurt with low-fat granola, apples, raisins, nuts, and a sprinkle of cinnamon for a high fiber afternoon snack.

Yogurt-topped Sweet Potato

Top ½ baked sweet potato with plain Greek yogurt instead of sour cream. Add some chopped fresh herbs, onions, or salsa for added flavor!

Peanut Butter Yogurt Dip

Whisk together 1 cup plain or vanilla yogurt with ½ cup peanut butter. Serve with apple or pear slices, carrot or celery sticks.