

C A R A M E L S W I R L Y O G U R T P O P S

VEGAN | GLUTEN-FREE | DAIRY-FREE

Ingredients:

- 1 cup yogurt, I used Cocomane dairy-free vanilla
- 3 tbsp peanut butter
- 1 tbsp maple syrup, I used Runamok sparkle syrup
- 1 tsp cinnamon
- ½ tsp vanilla extract
- 6 tbsp of my Date Caramel (recipe available on blog)
- 1 bar dark chocolate, I used Theo 85% cocoa
- 1 tbsp coconut oil

Kitchen Essentials:

- Popsicle sticks
- Parchment paper

Instructions:

1. In a bowl, combine yogurt, peanut butter, maple syrup, cinnamon, and vanilla extract. Mix well.
2. On a parchment-lined tray, divide the mixture into 4 circles, smoothing each out to around 3.5 inches in diameter. Gently swirl 1.5 tbsp of date caramel on top of each circle, being careful not to smash the mixture.
3. Insert a popsicle stick into each circle and freeze for at least 3 hours.
4. Break the chocolate into smaller pieces and place them in a microwave-safe bowl with coconut oil. Alternatively, you can melt the chocolate using a double boiler method. Melt the chocolate in 15-second increments in the microwave or over low heat on the stove, stirring until smooth. Be cautious not to burn the chocolate.
5. Once the yogurt pops are frozen, remove them from the freezer and cover each with melted chocolate. Use a spoon to ensure even coating. Drizzle extra chocolate in a zigzag pattern for decoration.
6. Store the pops in the freezer until ready to enjoy as a guilt-free frozen treat

Love,

Colie

COLIE'S COOKING