AMERICAN · DESSERT · SNACK

High-Protein Frozen Yoghurt Bars with Chocolate and Almonds

15 min · plus 1–2 hours freezing · Makes 4 × 1 bar · 226 kcal a portion · Video 8:54 · Low Carb Love

Vegetarian · Gluten-free ingredients

Greek yoghurt makes the base: about 16 g protein and 10 g net carbs a bar, coated in sugar-free chocolate and almonds instead of a sugary shell.

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Ingredients 5 · MAKES 4 × 1 BAR

- [ ] 2 cups **vanilla high-protein Greek yoghurt**
- [ ] ½ cup **sugar-free dark chocolate chips**
- [ ] 1 tsp **avocado oil** (just a little; coconut oil works too)
- [ ] ¼ cup **roasted almonds**, finely chopped
- [ ] a pinch of **flaky sea salt**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Milk, Tree nuts. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Line a baking tray with baking paper. Spoon the yoghurt into 4 round piles, spread each into a flat disc and press a popsicle stick (or small wooden spoon) into each. 2:01
2. Freeze for 1–2 hours, until the discs are completely solid. 2:37
3. Melt the sugar-free chocolate chips with a little avocado or coconut oil in the microwave in short bursts, stirring so it doesn't burn. 5:21
4. Work quickly, as the chocolate sets fast on the frozen yoghurt: spoon chocolate over one bar, front and back. 6:13
5. Press the chocolate-coated bar into the chopped almonds, sprinkle with flaky salt and lay it back on the tray. Repeat, then return the bars to the freezer until serving. 6:18

> **Tip** Choose a vanilla protein yoghurt with no added sugar, or plain Greek yoghurt sweetened to taste with monk fruit. Keep the bars in a zip-lock bag or glass container in the freezer.

The method is a summary in our words — the video shows every step.

One portion (1 bar) gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
226 kcal	16 g	19 g	8.7 g	14 g	140 mg
950 kJ	31% of a day	10 g net · 4.7 g sugars	31% of a day	5.8 g saturated	6% of a day
		7% of a day		18% of a day	

Energy from net carbs 17% · protein 28% · fat 55% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 28% · Vitamin B12 27%

Source of (10–19%) Vitamin E 16% · Magnesium 14% · Calcium 13% · Zinc 12% · Vitamin A 12% · Iron 11%

Recipe and video: Low Carb Love (@LowCarbLove) on YouTube — youtube.com/watch?v=hdQQqEY8ktY, published 9 August 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/high-protein-frozen-yoghurt-bars-chocolate-almond