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Description

These frozen blueberry yogurt bites are creamy, fruity, and refreshing, with juicy blueberries tucked into a thick Greek yogurt coating. The combination of tangy yogurt and naturally sweet berries makes every bite taste like a little frozen dessert.

They are incredibly simple to prepare and make a convenient high-protein snack when you want something sweet without a complicated recipe. Using unsweetened Greek yogurt and a low-carb sweetener also keeps them relatively low in carbohydrates.

Can This High-Protein Blueberry Yogurt Bites Recipe Support Weight Loss Goals?

Yes, these bites can fit into a weight-conscious eating pattern when enjoyed in reasonable portions. Greek yogurt contributes protein, which can make a snack more satisfying, while

blueberries provide natural sweetness and fiber.

Using nonfat or low-fat Greek yogurt and limiting added sweeteners can help keep the calories moderate. As always, overall portion size and your broader eating pattern matter more than any single recipe.

Does High-Protein Frozen Blueberry Yogurt Bites Fit a High Protein Lifestyle?

Absolutely—these bites are a convenient way to add protein to a sweet snack. Thick Greek yogurt provides most of the protein, while blueberries add fiber and natural carbohydrates. One serving can provide approximately 12 g of protein, depending on the yogurt brand. For a lower-carb version, use a low-carb sweetener and keep the blueberry portion controlled.

My Personal Experience

- The frozen texture makes them feel like dessert.
The creamy yogurt coating becomes firm and refreshing in the freezer without requiring an ice-cream maker.
- Blueberries add little bursts of sweetness.
Whole berries provide a juicy contrast to the cold, creamy yogurt shell.
- They are extremely easy to portion.
Making individual clusters means you can grab one or two whenever you want a quick snack.
- Greek yogurt gives them a satisfying creaminess.
A thick yogurt creates a much better coating than thin, watery yogurt.
- They are especially good straight from the freezer.
Letting them sit for a couple of minutes makes the center slightly softer and easier to bite.

Perfect For:

- High-protein snacks
- Low-carb snack ideas
- Healthy frozen desserts
- High-protein breakfast bites
- Meal-prep snacks

- After-workout snacks
- Summer treats
- Keto-style eating plans — when made with a suitable low-carb yogurt and sweetener
- Kid-friendly snacks
- Quick sweet cravings

Why You'll Love This Recipe

- Only a few ingredients
Greek yogurt and blueberries form the base, making this an uncomplicated snack to prepare.
- High in protein
Thick Greek yogurt provides significantly more protein than ordinary yogurt.
- Naturally fruity
Fresh blueberries add color, flavor, and a pleasant juicy texture.
- No baking required
Simply mix, shape, freeze, and enjoy.
- Easy to customize
Add vanilla, cinnamon, lemon zest, nuts, or a little dark chocolate for different variations.

Common Mistakes to Avoid

1. Using watery yogurt — Thin yogurt will spread and create loose clusters, so choose thick Greek yogurt.
2. Not drying the blueberries — Excess water can create icy spots and make the yogurt coating slide off.
3. Making clusters too large — Smaller portions freeze more evenly and are easier to eat.
4. Freezing them uncovered for too long — Exposed clusters can develop freezer burn and absorb freezer odors.

Required Equipment

- Mixing bowl — Provides enough space to evenly coat the blueberries.
- Rubber spatula — Gently folds the berries into the yogurt without crushing them.
- Baking sheet — Gives you a flat surface for creating individual clusters.
- Parchment paper — Prevents the frozen yogurt bites from sticking.
- Cookie scoop or tablespoon — Helps create evenly sized portions.
- Freezer-safe airtight container — Protects the finished bites from freezer burn.

Storage Instructions

Place the finished clusters in a single layer on a parchment-lined tray and freeze until completely firm, usually about 2–3 hours.

Once frozen, transfer them to a freezer-safe airtight container or zip-top freezer bag, separating layers with parchment paper. They are best enjoyed within 2–3 weeks for the freshest flavor and texture.

These bites are designed to be stored frozen rather than refrigerated. If kept in the refrigerator, the yogurt coating will soften and the clusters may lose their shape.

Recipe Details

- Preparation Time: 10 minutes
- Cooking Time: 0 minutes
- Freezing Time: 2–3 hours
- Total Time: 2 hours 10 minutes
- Servings: 8
- Best Season: All-season, especially summer
- Total Calories: Approximately 95 calories per serving

Calories are an approximate estimate and depend on the Greek yogurt, sweetener, and blueberries used.

Short 3-Line Description

Creamy Greek yogurt wraps around juicy blueberries in these easy frozen snack clusters. They're protein-rich, refreshing, and naturally sweet with a delicious creamy texture. Make a batch ahead for an easy high-protein snack whenever a frozen treat craving hits.

□ Ingredients

- 2 cups plain nonfat Greek yogurt — about 450 g; use thick Greek yogurt
- 1½ cups fresh blueberries — about 225 g
- 2 tablespoons powdered low-carb sweetener — adjust to taste
- 1 teaspoon vanilla extract
- 1 teaspoon lemon juice — optional, brightens the blueberry flavor

- 1 tablespoon unsweetened coconut flakes — optional
- 1 tablespoon finely chopped almonds — optional for crunch

Ingredient note: Pat the blueberries completely dry after washing them; excess moisture can make the frozen clusters icy.

Directions

1. Prepare the blueberries — 2 minutes.
Rinse the blueberries and dry them thoroughly with paper towels. They should feel dry on the outside before mixing.
2. Make the yogurt mixture — 2 minutes.
Add Greek yogurt, powdered sweetener, vanilla, and optional lemon juice to a bowl. Stir until completely smooth and creamy.
3. Fold in the blueberries — 1 minute.
Gently fold the blueberries into the yogurt. Avoid vigorous stirring, which can crush the berries and turn the mixture purple.
4. Prepare the tray.
Line a baking sheet with parchment paper. Leave enough space between each cluster so they don't freeze together.
5. Create the clusters — 3-5 minutes.
Scoop approximately 2 tablespoons of the mixture onto the parchment for each cluster. Use the back of a spoon to gently shape them into small rounds.
6. Add optional toppings.
Sprinkle with coconut, chopped almonds, or a small amount of dark chocolate if desired.
7. Freeze — 2-3 hours.
Place the tray on a flat freezer shelf. Freeze until the clusters are completely firm throughout.
8. Check the texture.
The outside should be firm and frozen while the yogurt inside remains creamy rather than watery.
9. Transfer for storage.
Once frozen solid, place the clusters in an airtight freezer container with parchment between layers.
10. Serve.
Remove a cluster from the freezer and allow it to sit for 2-5 minutes before eating for a slightly softer texture.

Heat level: No cooking or heat required.

High-protein tip: Choose Greek yogurt with a high protein content and minimal added sugar. For an even higher-protein snack, use a strained Greek yogurt or skyr.

Nutrition Facts

Per Serving – Approximate

Estimated for 8 servings without optional nuts or coconut and using nonfat Greek yogurt with a low-calorie sweetener.

- Calories: ~95 kcal
- Fat: ~0.4 g
- Cholesterol: ~2 mg
- Sodium: ~30 mg
- Potassium: ~125 mg
- Total Carbohydrates: ~11 g
- Fiber: ~2 g
- Net Carbs: ~9 g
- Sugars: ~7 g
- Protein: ~12 g
- Calcium: ~110 mg

Nutrition values are approximate and vary by Greek yogurt brand, blueberry size, sweetener, and optional toppings.

Notes

- Storage: Keep frozen in an airtight container for up to 2–3 weeks for best quality.
- Reheating: No reheating is necessary; allow the bites to soften for a few minutes before eating.
- Allergy notes: The base recipe contains dairy; check yogurt labels if allergies or dietary restrictions are a concern.
- Nut-free: Simply omit the optional almonds.
- Dairy-free: A thick dairy-free high-protein yogurt can be substituted, although the nutrition will change.
- Flavor boost: Add lemon zest, cinnamon, vanilla, or a small amount of almond extract.

- Chocolate version: Drizzle the frozen clusters with a small amount of melted dark chocolate before returning them to the freezer.
- Crunchy version: Add chopped almonds, pecans, or unsweetened coconut before freezing.
- Lower-carb option: Use a low-carb sweetener and choose a Greek yogurt with minimal carbohydrates.

Frequently Asked Questions

1. Are frozen blueberry yogurt bites high in protein?

Yes, using thick Greek yogurt makes these bites a protein-rich snack with approximately 12 g of protein per serving.

2. Can I use frozen blueberries?

Yes, but fresh blueberries generally provide a better texture because frozen berries contain more surface moisture.

3. How long do blueberry yogurt clusters take to freeze?

Small clusters typically become firm in approximately 2–3 hours.

4. Can I make these without added sweetener?

Yes, simply omit the sweetener if you enjoy the natural tartness of Greek yogurt and blueberries.

5. Can I use regular yogurt instead of Greek yogurt?

You can, but the clusters will be softer and contain less protein because regular yogurt has a higher water content.

6. Are these keto-friendly?

They can be adapted for a keto-style diet by choosing a low-carb Greek yogurt and sweetener and keeping the blueberry portion appropriately controlled.