

Strawberry Ghosts for Halloween



Here's a fun and deliciously spooky Halloween recipe: Strawberry Ghosts! These frozen treats will be the star of your festivities. Get ready to delight your taste buds with this creative dessert that combines the freshness of strawberries with the sweet flavors of Greek yogurt and chocolate. A true treat for little and big monsters alike!

Preparation 20 min

Cooking 0 min

Waiting 45 min

Servings 6

Nutrition Facts (per serving)

Calories 70

Fat 2

Carbohydrates 11

Fibre 2

Protein 3

Sodium 10

Ingredients

- 100 ml (6 1/2 tbsp) of 0% fat Greek yogurt
- 20 ml (4 tsp) of icing sugar
- 20 strawberries
- 20 ml (4 tsp) of mini semi-sweet chocolate chips

Preparation

1. Mix the yogurt and icing sugar in a small bowl using a whisk.
2. Line a baking sheet measuring 25 x 36 cm (10 x 14 inches) with parchment paper.
3. Using a teaspoon, place a dollop of yogurt on the parchment paper. These drops will represent the ghosts' chins.
4. Coat each strawberry with the yogurt mixture by holding it by the stem and placing it on the drawn drops.
5. Add 3 chocolate chips to each strawberry to form the eyes and mouth.
6. Let them chill in the freezer for 45 minutes before enjoying.

Notes

They can be stored in the freezer for up to 1 month.



Meri Makaryan – Nutritionniste Diététiste à Montréal
Registered Dietitian Nutritionist in Montreal