



## Chocolate Coconut Caramel Cup



Entire recipe: 160 calories, 5g total fat (3.5g sat. fat), 88mg sodium, 19.5g carbs, 1g fiber, 11g sugars, 13g protein

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**Prep:** 5 minutes

**Freeze:** 15 minutes



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### Ingredients

- 1 tbsp. [mini semi-sweet chocolate chips](#)
- One 5.3-oz. container zero-sugar coconut Greek yogurt (like the kind by Chobani)
- 1 tsp. chopped [sweetened shredded coconut](#)
- 1 tsp. [light caramel dip](#)

### Directions

Place chocolate chips in a small microwave-safe bowl. Microwave for 40 seconds, or until melted. Stir well.

Top yogurt with melted chocolate, coconut, and caramel.

Freeze until chocolate has hardened, 10–15 minutes.

**MAKES 1 SERVING**

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