Frozen Raspberry Yogurt Sandwiches

8 frozen sandwiches; 1 sandwich per serving | Active 25 min | Cook 0 min | Total 270 min

Ingredients

- 1 7/8 cups plain whole-milk Greek yogurt (450 g)
- 1 1/2 cups fresh raspberries (180 g)
- 2 tablespoons honey (42 g)
- 1 teaspoon vanilla extract (5 ml/5 g)
- 8 full plain graham-cracker sheets (120 g total), broken into 16 equal squares

Set out

Eight individual silicone muffin cups, at least 3 fl oz/90 ml each, Tray that fits the freezer, Mixing bowl and fork, Kitchen scale, Sandwich wrapping paper or freezer-safe containers

Allergens

Milk, Wheat. Check labels and substitutions.

Make it

1. Rinse raspberries and drain thoroughly. Mash in the bowl with honey and vanilla, leaving some small pieces. Fold in the Greek yogurt.

2. Stand the eight silicone cups on a level freezer tray. Divide all the filling equally among them, about 85 g per cup. Freeze for at least 4 hours, until solid enough to peel cleanly from the cups.

3. Break each graham-cracker sheet across its middle seam to make 16 squares. Peel one frozen disc from its cup and sandwich between two squares, pressing very gently. Repeat to make 8 sandwiches.

4. Wrap individually and return to the freezer for 15 minutes to firm after handling. Take out only the number needed and let stand about 5 minutes before eating; serve 1 sandwich per portion.

Frozen Raspberry Yogurt Sandwiches

8 frozen sandwiches; 1 sandwich per serving | Active 25 min | Cook 0 min | Total 270 min

Estimated nutrition per serving

Calories: 150 kcal | Protein: 6.4 g | Carbohydrate: 21.0 g | Fat: 4.5 g | Fiber: 2.0 g. One of 8 servings. Batch yield: 8 frozen sandwiches; 1 sandwich per serving. Base ingredients and full measured oil included; optional variations excluded. Estimates vary with brands, cooking and actual portions.

Enjoy dessert without rewriting the day

One individually wrapped sandwich is a clear serving. It can be a sweet finish on training days or other days; no special timing or performance claim is attached to it. The estimate includes both crackers and the entire frozen filling.

A useful detail

Use plain graham crackers and check their label: the base assumes wheat-containing crackers without an egg ingredient. Brands may add milk, soy or other allergens. Cracker sheet sizes vary, so the 120 g total is the nutrition reference.

Another way

Use 180 g fresh blackberries, finely mashed, in place of raspberries.

Replace the 42 g honey with the same weight of maple syrup; the slightly thinner mixture may need extra time to freeze.

Keep it well

Keep individually wrapped in a sealed freezer container for up to 2 weeks for the best texture. Once a sandwich has softened for eating, eat it promptly rather than refreezing it. Keep the batch frozen while assembling a few at a time.