

Healthier Snack Ideas 4-Ways

Frozen Yoghurt Berry Cubes

Ingredients:

2 slabs Aero Milk Chocolate, broken into cubes (135g)
1 ½ cups double cream plain yogurt
10 fresh raspberries, whole

Yield: 10 berry cubes

Method:

1. Melt 1 slab of the chocolate in a microwave safe bowl in the microwave, in 20 second intervals.
2. Lightly spray a silicone ice tray with cooking spray. Pour the melted chocolate into each ice cube cup. Tip the ice tray over into a bowl and let the chocolate drip out so that only a thin layer remains along the sides and bottom of each whole. Set in the freezer.
3. Fill each ice cube cup halfway with yogurt and pop a raspberry in as a secret centre, top with another layer of melted chocolate and set in the freezer.
4. Gently fold out each chocolate dipped frozen yogurt cube and ENJOY!

Peanut-Choc Oat Bites

Ingredients:

- 2 ½ cups rolled oats
- 1 ½ cup smooth peanut butter
- 2 tbsp honey
- 2 slabs Aero dark chocolate, broken into cubes (85g)

Yield: 16 balls

Method:

1. In a bowl, combine the oats, peanut butter and honey and stir until well combined.
2. Form 16 equal sized balls and place on a tray with wax paper. Freeze until set.
3. Melt the chocolate in a microwave safe bowl in the microwave, in 20 second intervals.
4. Gently dunk each ball in the melted chocolate until well coated.
5. Using a fork, gently allow excess chocolate to drip off and place the balls on the tray.
6. Set the chocolate dipped oat balls in the freezer and ENJOY!

Dark Chocolate Energy Discs

Ingredients:

2 slabs Aero dark chocolate, broken into cubes (85g)

1 cup Trail Mix

*can combine own trail mix if preferred –nuts, seeds, dried fruit

Method:

1. Melt the chocolate in a microwave safe bowl in the microwave, in 20 second intervals.

2. On a tray with a piece of wax paper, form chocolate circles with a spoon, 3 cm in diameter.

3. While the chocolate is still soft, place the trail mix on top of the chocolate discs and press down on them slightly. Set the chocolate discs in the refrigerator for best result and ENJOY as a healthier energy packed snack!

Peanut-Choc Frozen Bananas:

Ingredients:

4 bananas, extra large
2 slabs Aero Milk chocolate, broken into cubes (135g)
1 tbsp coconut oil (*oil of choice)
1 ½ cups smooth peanut butter, melted
1 cup roasted peanuts, finely chopped

Method:

1. Peel the bananas and cut each in half, horizontally.
2. Insert popsicle sticks into the flat sides of each of the halves. Freeze the bananas on a baking tray with wax paper.
3. Melt the peanut butter in a bowl in the microwave, in 20 second intervals. Pour into a tall glass.
4. Dip the popsicles in the melted peanut butter until fully covered, place on the tray and freeze until set.
5. Melt the chocolate along with the coconut oil in a microwave safe bowl in the microwave, in 20 second intervals. Pour into a tall glass.
6. Dip each banana popsicle in the melted chocolate until fully covered.
7. Sprinkle the finely chopped peanuts over the popsicles. Freeze until set. ENJOY!