

# Chocolate Yogurt Dirt Cups

**Prep Time:** 10 minutes

**Cook Time:** 10 minutes

**Total Time:** 20 minutes

**Servings:** 2

Recipe by: Nutrition to Fit Lindsey Janeiro

## Equipment

- Meat mallet

## Ingredients

- 1 cup vanilla Greek yogurt (zero added sugar)
- 1 tablespoon unsweetened cocoa powder
- 4 chocolate sandwich cookies
- 6 gummy worms

## Instructions

1. In a small bowl, whisk the cocoa powder into the Greek yogurt until smooth.
2. Place sandwich cookies in a small bag, then use a meat mallet to smash the cookies until completely crushed.
3. Fill two small jars or bowls with the chocolate yogurt base.
4. Top with the crushed cookie pieces.
5. Place 2–3 gummy worms on top of each dessert cup.
6. Serve immediately and enjoy!