Easy and Delicious Back to School Snacks

As the back-to-school season rolls in, parents and kids alike are on the lookout for quick, nutritious, and tasty snacks to fuel their busy days. Enter Yoplait Greek Yogurt Nature, the star ingredient that elevates ordinary snacks into extraordinary treats! Packed with protein and creamy goodness, this yogurt serves as the perfect base for a variety of delicious recipes. From savory Greek egg bites and crispy smashed potatoes to delightful custard yogurt toast, these snacks are not only easy to prepare but also guarantee to satisfy those after-school cravings. Let's dive into these delicious options that will make snack time a breeze!

Ingredients

Greek Egg Bite

- [ ] 5 Eggs
- [ ] 1 Egg White
- [ ] Bell Pepper
- [ ] Onion
- [ ] Ham
- [ ] Shredded Cheese
- [ ] Mushroom
- [ ] Spinach
- [ ] 2 tbsp Greek Yogurt
- [ ] Salt
- [ ] Pepper
- [ ] Garlic Powder

Crispy Smashed Potatoes with Yogurt SaucePotatoes:

Small potatoes:

- [ ] Olive oil
- [ ] Salt
- [ ] Pepper
- [ ] Garlic powder
- [ ] Paprika

Sauce:

- [ ] 4 tbsp Greek Yogurt
- [ ] 2 tbsp Mayonnaise
- [ ] 1 tsp Mustard
- [ ] 2 tbsp Lemon juice
- [ ] 1 tsp Minced garlic
- [ ] Salt and pepper
- [ ] ¼ Cucumber, diced
- [ ] 1 Onion, diced
- [ ] Parsley, chopped

Custard Yogurt Toast

- [ ] 2 Eggs
- [ ] 2 tbsp Greek Yogurt
- [ ] 2 tbsp Honey
- [ ] 1 tsp Vanilla essence
- [ ] Fruits and chocolate (for topping)
- [ ] Bread

Directions

Greek Egg Bite

1. Preheat the oven to 180°C.
2. Beat 5 eggs, seasoning with salt, pepper, and garlic powder.
3. Grease a muffin pan and fill each cup halfway with the egg mixture.
4. Add vegetables, ham, and shredded cheese.
5. Top with the remaining egg mixture.
6. Bake for 15-20 minutes. Enjoy!

Crispy Smashed Potatoes with Yogurt Sauce

7. Boil potatoes until fork-tender.
8. Smash them on a baking tray and drizzle with olive oil.
9. Season with salt, pepper, garlic powder, and paprika.
10. Bake at 180°C for about 25 minutes, or until crispy.
11. Prepare the sauce by mixing Greek yogurt, mayonnaise, mustard, lemon juice, minced garlic, salt, pepper, diced cucumber, diced onion, and parsley. Blend until smooth.
12. Serve the crispy potatoes with the yogurt sauce. Enjoy!

Custard Yogurt Toast

13. Mix eggs, yogurt, honey, and vanilla essence in a bowl.
14. Flatten the center of a slice of bread to create a well.
15. Pour the custard mixture into the bread.
16. Add your preferred toppings.
17. Air fry until golden brown. Enjoy!