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This Magical Yogurt Bowl Is Caffeinated, Sweet, and Healthy Enough

Yogurt works hard, man. Not only is it busy being all kinds of delicious and tricking brains into thinking we're scarfing down ice cream (once we tart it up with toppings), but it's also working all sorts of gut-friendly jazz. But—and yes, being selfish here—can't it get us all wired, too? This recipe takes a tip from the classic espresso-and-gelato dessert: affogato, with a little extra go-go-go, thanks to the addition of chocolate-covered espresso beans, and crunchy cocoa nibs. Save any extra coffee syrup to sweeten your drinks, drizzle on ice cream and baked goods, or eat by the spoonful when you need to pull an all-nighter.

- 1 1/2 cups granulated sugar
- 1 cup brewed dark roast coffee
- 1 cup vanilla yogurt
- 1/4 teaspoon orange zest
- 3 tablespoons chocolate-covered espresso beans
- 1 tablespoon cocoa nibs
- 3 to 4 orange segments

1. Bring sugar and coffee to a boil in a saucepan over high. Cook, stirring occasionally, until syrupy, 6 to 8 minutes. Remove from heat, and cool slightly, about 20 minutes.
2. Stir together yogurt and zest in a bowl. Top with espresso beans, cocoa nibs, and orange segments. Drizzle with 1/4 cup of the coffee syrup. Serve immediately.

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