



Frozen Yogurt Bark

Serves: 24 | Serving size: 1 - 2x2 inch piece

Ingredients Needed:

- 1 cup fresh, frozen, or canned fruit, chopped or sliced
- 2 cups vanilla nonfat Greek yogurt or dairy-free yogurt alternative
- (Optional) 1 teaspoon cinnamon
- (Optional toppings) granola, crushed cereal, chopped nuts, coconut flakes, mini chocolate chips

Directions:

1. If you are using fresh fruit be sure to wash it. If you are using canned fruit, drain the juice.
2. Line a 9x12 baking sheet with wax or parchment paper.
3. Add chopped/sliced fruit, yogurt, and cinnamon (optional) in a bowl and mix together.
4. Pour the yogurt mixture evenly into the tray.
5. Sprinkle additional toppings if desired.
6. Place the tray in the freezer for at least 3 hours or until the yogurt is frozen.

7. Remove from the tray and break bark into pieces or use a sharp knife to cut yogurt into about 24 - 2x2 inch bars.
8. Store yogurt bark in the freezer in a freezer-grade container or sealed bag for up to 2 months.

Notes:

- Greek vanilla yogurt can be substituted with unflavored plain yogurt to reduce sugar. If you decided to not use Greek yogurt the protein amount will decrease.
- Depending on the optional ingredients added, the nutritional profile of the serving will change.

Nutrition Facts	
24 servings per container	
Serving size	1 - 2 x 2 inch piece (19g)
Amount per serving	
Calories	10
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0mg	0%
Potassium 14mg	0%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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