



Berry Frozen Yogurt Bark

Servings 15 | Prep time 5 mins | Total time 3 hours

Equipment: Baking sheet, Aluminum foil or wax paper

Utensils: Spatula, Large knife, Measuring cups and spoons

Ingredients

- 2 cups low-fat vanilla yogurt
- 10 strawberries, chopped
- 1 cup raspberries, lightly chopped
- 1 cup blueberries
- 3 tablespoons unsweetened coconut flakes
- 2 tablespoons sliced almonds

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and fruit.
2. Line a baking sheet with aluminum foil.
3. Spread yogurt thinly (1/4 inch thick or less) and evenly on baking sheet.
4. Sprinkle strawberries, raspberries, blueberries, coconut flakes, and sliced almonds on top of the yogurt. Press down gently to make sure the berries, coconut, and almonds are in the yogurt.
5. Freeze for at least 3 hours.
6. Soften on the counter for about 5 minutes. Immediately cut or break bark into pieces. Serve immediately or store in airtight container in freezer for up to two months.

Nutritional Information:

Calories 60 Total Fat 1.5g Sodium 20mg Total Carbs 9g Protein 2g