

Very Berry Yogurt Bark

PREP TIME: 5 MIN

FREEZER TIME: 4 HOURS OR LONGER

YIELDS 1 SHEET PAN
10-12 SNACK SERVINGS

Ingredients

2 cups plain full-fat yogurt

2 cups mixed berries

1 tablespoon honey

3/4 cup granola

Recipe Benefits

- Promotes GI Health
- Anti-Inflammatory

Qualities

- Texture: Crunchy
- Scent Level: 0/10
- Spice Level: 0/10

Nutrition Content for 1 Chunk of Bark

Calories: 97kcal	Carbohydrates: 12.9g
Fat: 4.2g	Protein: 3g
Fiber: 1.8g	Added sugar: 8.2g
Sodium: 30.9mg	



Directions

1. Combine the yogurt & honey together in a bowl.
2. Line a baking sheet or brownie pan with parchment paper. Alternatively, a silicone mold can be used, in which you will not need parchment paper.
3. Sprinkle the granola and mixed berries over top of the mixture, pressing down as needed into the yogurt.
4. Place mixture in the freezer for 2-4 hours, or until frozen solid.



Chef Tips/Adjustments

- This recipe can also be made by blending the berries into the yogurt & honey by using a food processor or blender. In this case, the color of the yogurt will change depending on the color of berries. Top with granola.
- To make this recipe high calorie, add in a high calorie additive. For example, heavy cream, meal replacement beverages, or coconut oil (liquid). Add in as much as desired, though not enough to make the recipe too thin/pourable. If mixture does become too thin, freeze in a mold that has high sides to avoid spillage.
- Any fruit can be used for this recipe.
- Nuts can be added as an additional topping, such as almonds or pistachios.