



Frozen Yogurt Bark



Prep Time: 5 minutes

Cook Time: 2 hours

Makes: 7 servings

INGREDIENTS

- 2 1/2 cups full fat yogurt
- 1 tablespoon honey
- 1/4 cup granola or muesli
- 1/4 cup berries
- 1/4 cup dried fruit
- 1 cup mango, sliced
- 2 tablespoons chocolate chips
- 2 tablespoons coconut chips

TIP

- Make a batch and then store in an air-tight container in the freezer for up to 4 weeks.

DIRECTIONS

- **PREPARE** a flat tray or baking sheet with parchment paper.
- **MIX** together yogurt and honey. **SPREAD** yogurt onto parchment paper, about 1/4-1/2 inch thick.
- **SPRINKLE** granola, diced fruit, and chocolate chips onto the yogurt. **PRESS** down gently with a spoon to ensure all toppings are embedding into the yogurt.
- **COVER** with plastic wrap and **FREEZE** for 3-4 hours, or until yogurt is hard.
- **BREAK** into pieces and **ENJOY!**