



Tropical Frozen Yogurt Bars



Prep Time: 15 minutes Cook Time: 2 hours Yield: 8 servings

INGREDIENTS

- 1/4 cup heavy cream
- 14 ounces non-fat greek yogurt
- 1 tbsp honey
- 1/3 cup coconut flakes
- 1/4 cup chocolate chips
- 1/3 cup pineapple chunks
- 1/3 cup mango chunks
- 1 kiwi, sliced

SPECIAL EQUIPMENT

- Electric mixer (handheld or stand mixer)

DIRECTIONS

- **BEAT** the heavy cream in a small bowl until thick and creamy
- **COMBINE** the yogurt and remaining ingredients except for the kiwi in a separate, medium-sized bowl
- **FOLD** the whipped cream into the yogurt mixture
- **POUR** the mixture into the dish
- **ARRANGE** sliced kiwi in an attractive pattern on top
- **COVER** and **FREEZE** until hardened
- **REMOVE** from freezer 10 minutes before serving
- **SLICE** with a wet knife into 8 'bars' and **SERVE** immediately
- **REFREEZE** any bars for enjoying later!