

# Yogurt Bark with Berries

This incredibly simple snack is easy to make and fun to eat! This is also a great way to use up any berries that may be going bad as it stays in the freezer until you're ready to eat. Add a unique crunch to your Yogurt Bark by sprinkling on unsweetened coconut, chopped nuts, or granola before freezing.

## Ingredients for Life

**Serves 5**   **Serving size:** 1/5th of recipe   **Prep time:** 5 minutes   **Cook time:** 2 hours (freeze time)   **Total time:** 2+ hours

## Ingredients

- 1½ cups nonfat, Greek vanilla yogurt
- 1 cup berries (blueberries, sliced strawberries, raspberries)
- ¼ cup crunchy toppings: unsweetened coconut, chopped nuts, or granola

## Directions

1. Line a baking sheet with parchment paper.
2. Spread yogurt across the parchment paper to make a thin layer about ¼-inch thick. You don't need to spread the yogurt all the way to the sides of the pan.
3. Evenly sprinkle berries and crunchy toppings across the top.
4. Store in the freezer for at least 2 hours to set.
5. Take out of the freezer. Using your hands or a sharp knife, break the Yogurt Bark into pieces.
6. Store in a large airtight container in the freezer until ready to serve.



## Nutrition Facts

Serves 5  
Serving size 1/5th of recipe (69g)

Amount per serving  
**Calories** **65**

	% Daily Value*
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 2g	9%
Trans Fat 0g	
<b>Cholesterol</b> 1mg	<b>0%</b>
<b>Sodium</b> 14mg	<b>1%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 2g	8%
Total Sugars 6g	
<b>Protein</b> 4g	<b>8%</b>
Vitamin D 13mcg	3%
Calcium 42mg	4%
Iron 1mg	2%
Potassium 117mg	3%
Phosphorus 52mg	5%

\* The % Daily Value (DV) 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.

*Nutrition information based on recipe made with unsweetened coconut flakes*