

## **FROZEN YOGURT BARK**

Yield: 1 serving

Serving Size: full recipe

Prep Time: 5 min

Chill Time: 3 hrs

### **Ingredients:**

- 6 oz vanilla coconut yogurt (for vegan) or Greek yogurt
- 2 medium strawberries, chopped
- 1/4 cup blueberries
- 1 tablespoon unsweetened coconut flakes



### **Method:**

1. Line a 7-by-3-inch loaf pan with wax paper.
2. Spread yogurt evenly across the bottom. Sprinkle with the fruit and coconut and press some pieces in slightly.
3. Cover with plastic wrap and freeze for 3 hours, or until frozen. Break apart into bark using a knife, and serve.



### **Nutrition Info (Vegan Version):**

Calories: 185 | Protein: 1g | Fat: 7.5g | Net Carbs: 30g | Fiber: 4g