

Frozen Yogurt Bark

Ingredients

2 cups Greek Yogurt, whole
1 cup Sliced Strawberries
1/4 cup Granola
1/4 cup Chocolate Chips

Method:

- Line a baking tray with parchment or wax paper
- Spread yogurt out into a rectangle, spread it out until it's about 1/2-inch thickness.
- Sprinkle the strawberries, granola, and chocolate on top
- Lightly press toppings into the yogurt
- Freeze for 2-4 hours or until frozen through.
- Remove from freezer and cut into 16 squares. Serve immediately

Serves:6

Serving Size: 1/6 square

Calories: 125

Fat: 6g

Carbohydrates: 12g

Fiber: 1g

Protein: 7g