

Yogurt Bark

Ingredients:

- 4 Cups Plain Greek yogurt Low fat (any dairy alternative)
- 1 Cup Strawberries
- 1 Cup Cantaloupe squares
- 1 Cup Kiwi
- 1/2 Cup Blueberries
- 1 Cup Granola (Optional)

Servings: 8

Instructions:

1. Prepare fruits. Cut all of the fruits into blueberry sized pieces.
2. Prepare a half baking sheet with parchment paper.
3. Start by pouring and evenly spreading the Greek yogurt onto the baking sheet.
4. Next evenly spread out the chopped fruits onto the Greek yogurt.
5. Finally add granola on top.
6. Make sure everything is submersed inside the yogurt and then place in the freezer until frozen. (if you want to add a popsicle stick you can do so at the step)
7. Once frozen take out of the freezer and with a knife, cut the pieces. (usually makes 8)



Nutrition Facts

8 servings per container	
Serving size	1 Piece (180g)
Amount Per Serving	
Calories	120
<small>% Daily Value*</small>	
Total Fat 2.5g	3%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 10mg	3%
Sodium 45mg	2%
Total Carbohydrate 13g	5%
Dietary Fiber 2g	7%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 12g	24%
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 0.36mg	2%
Potassium 282mg	6%

*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.