

Frozen Yogurt Bark

INGREDIENTS

- 2 ½ cups plain yogurt
- 4 tbsp honey
- 1 cup blueberries fresh or frozen
- 1 cup raspberries fresh or frozen
- ½ cup walnuts chopped, optional

TIME: 1.5 HOURS

SERVINGS: 12



Adapted from: allnutritious.com



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PROCEDURE

1. In a bowl, mix yogurt and honey until well combined.
2. Line a baking sheet with parchment paper.
3. Spread the yogurt mixture evenly over the parchment paper.
4. Sprinkle blueberries, raspberries, and walnuts on top.
5. Freeze for about 3 hours.
6. Once frozen, quickly cut into rectangles or triangles to minimize melting.
7. Store the pieces in airtight containers and keep them in the freezer.

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