

RECIPE

Frozen Greek yogurt Bark with Fruit



Nutrition

Serving: **1 serving** | Calories: **80kcal** |
Carbohydrates: **7g** | Protein: **6g** | Fat: **4g** |
Fiber: **2g** | Sugar: **5g**

Ingredients

- 1 ½ cups plain, unsweetened Greek yogurt
- 1 tablespoon honey
- 1 cup fresh raspberries
- ⅓ cup chopped pistachios
- 1-2 teaspoons hemp hearts

Preparation

1. **Prepare baking sheet.** Line a rimmed baking sheet with parchment paper and set aside. Don't skip this step or else your greek yogurt will freeze to your pan making it impossible to remove.
2. **Add the Greek yogurt.** In a medium bowl, mix together the Greek yogurt and honey. Spread the greek yogurt evenly over the baking sheet.
3. **Add toppings** Sprinkle with the raspberries, pistachios, and hemp hearts.
4. **Freeze.** Freeze for 3 hours or until firm. Break into pieces and serve. Store leftovers in the freezer for up to 2-3 weeks.