

Yogurt Bark

Oscar · 28/09/2024



Prep Time

3 hrs 5 mins

Difficult

Medium

Servings

24

Description

Yogurt bark is the healthiest treat around Spread your favorite yogurt on a tray top with your favorite fruits dark chocolate bits nuts seeds and more then freeze Thats it Children love this as a sweet snack but its great for the whole family

Ingredients

- - 1 (17.6 ounce) container full-fat Greek yogurt - 2 tablespoons maple syrup
- or to taste - ¼ teaspoon vanilla extract (Optional) - ¼ cup sliced almonds - ¼ cup freeze-dried blueberries - 2 tablespoons cacao nibs

Instructions

1. Line two 9-inch rimmed baking sheets with parchment paper. Whisk together yogurt
2. maple syrup
3. and vanilla extract. Divide mixture between the 2 baking sheets and spread out using a spatula until about 1/4-inch thick. Scatter sliced almonds
4. dried blueberries
5. and cacao nibs evenly over each baking sheet. Place baking sheets in the freezer for at least 3 hours
6. or overnight. Remove from freezer and roughly break or slice into about 2 dozen pieces. Cook's Note You can use honey to sweeten the yogurt instead of maple syrup and substitute chopped dark chocolate for the cacao nibs.Store any leftovers in the freezer. Once frozen
7. you can store pieces of frozen bark in a plastic freezer bag.