

Recipe



Strawberry-Chocolate Greek Yogurt Bark

Yield: 32 pieces

*Nut-Free, Heart-Healthy, Vegetarian, Egg-Free,
Gluten-Free, Low-Calorie*

Ingredients

- 3 cups whole-milk plain Greek yogurt
- ¼ cup pure maple syrup or honey
- 1 tsp vanilla extract
- 1 ½ cups sliced strawberries
- ¼ cup mini chocolate chips

Directions

1. Line a large, rimmed baking sheet with parchment paper
2. Stir yogurt, maple syrup (or honey) and vanilla in a medium bowl. Spread on the prepared baking sheet into a 10-by-15-inch rectangle. Scatter the strawberries on top and sprinkle with chocolate chips.
3. Freeze until very firm, at least 3 hours. To serve, cut or break into 32 pieces.

Nutrition

Per serving: Serving Size one 1 ¾ by 2 ½ inch piece.

34 calories; total fat 1g; saturated fat 1g; cholesterol 3mg; sodium 8mg; total carbohydrate 4g; dietary fiber 0g; total sugars 4g; added sugars 2g; protein 2g; vitamin c 5mg; calcium 28mg; iron 0mg; potassium 45mg.

Source: eatingwell.com/recipe/259080/strawberry-chocolate-greek-yogurt-bark

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