



# Frozen Yogurt Bark

## INGREDIENTS

- 1 ½ cups 2% low-fat plain Greek yogurt
- 2 Tbsp honey
- 2 Tbsp chopped, unsalted almonds
- ½ cup chopped mango
- ¼ cup blackberries or raspberries
- ½ cup blueberries

## DIRECTIONS

1. In a medium bowl, add yogurt and honey. Mix together to combine.
2. Line a 9x13-inch baking dish with parchment paper. Use a spatula or knife to spread yogurt as thin as possible over the bottom of the dish.
3. Add the chopped nuts over the top of the yogurt. Use your fingers to slightly press them into the yogurt. Peel the mango, cutting the slices around the pit. Finely chop the mango, along with the berries, if they are larger than bite-sized. Top yogurt with as much fruit as will fit over the top. Again, slightly press fruit into the yogurt.
4. Cover with plastic wrap or foil and place in the freezer overnight.
5. When ready to serve, lift the parchment paper from the baking dish onto a cutting board. Use your hands to break bark into pieces. Serve.
6. Keep remaining bark wrapped in parchment paper and sealed in a large Ziploc bag in freezer for up to 1 month.



*Recipe courtesy of American Heart Association*