



## Frozen Yogurt Bark

Yield: 6 servings

### Ingredients:

- 32 ounce container low-fat vanilla yogurt
- 2 cups of fresh or frozen fruit, cut into bite size pieces (such as strawberries, blueberries, bananas, and mangoes)

### Directions:

1. Line a large cookie sheet with parchment or wax paper.
2. Spread yogurt evenly on pan.
3. Sprinkle fruit over yogurt.
4. Freeze for 6 hours or until frozen solid. Break into pieces.

**Tip:** Try other flavors of low-fat yogurt, such as strawberry.

### Nutrition Information per Serving:

Calories 43, Fat 1g, Protein 2g, Carbohydrate 8g, Fiber 1g, Sodium 27mg

