

Frozen Yogurt Bark



Ingredients

- 1 cup of vanilla greek yogurt (low fat)
- 1/4th cup of high fiber cereal (cinnamon flavor)
- Choose 2 or 3 of the following add-ins:
 - 2 Tbsp peanut butter powder
 - 1 small banana (sliced)
 - 1/2 cup of berries (sliced)
 - 1 tsp cinnamon
 - 2 Tbsp cocoa

Materials: Cake pan, parchment paper, plastic spatula, mixing bowl, freezer



Instructions

1. Line the bottom of the cake pan with parchment paper (cut to fit)
2. Put greek yogurt and your choice of add-ins into a bowl. Mix well, smashing any fruit you added.
3. Spread mixture into pan and smooth with spatula
4. Sprinkle cereal over the top
5. Put in freezer for at least 3 hours
6. After bark is frozen, you can cut it into pieces or break apart with your hands.
7. Enjoy frozen, or after thawing for a few minutes.

Makes 4 servings. Prep time: 10 min. Freeze time: 3 hours