

Frozen Yogurt Bark

This frozen delight, studded with fresh summer fruit, is delicious and healthy. With calories coming in under 100 and very little added sugar, it's a cool heart-healthy dessert on a hot summer's day.

Ingredients

 **Servings** 8

- 1 1/2 cups low-fat plain Greek yogurt
- 2 tablespoons honey or pure maple syrup
- 2 tablespoons chopped unsalted almonds
- 1/2 cup finely chopped mango
- 1/2 cup blueberries
- 1/4 cup blackberries or raspberries, chopped if large

Directions

 **Tip:** Click on step to mark as complete.

In a medium bowl, whisk together the yogurt and honey until combined.

Line a 13 x 9 x 2-inch baking dish with parchment paper. Using a spatula or knife, spread the yogurt mixture over the paper as thinly as possible.

Sprinkle the almonds over the yogurt mixture. Using your fingertips, gently press the almonds into the yogurt mixture.

Sprinkle the mango, blueberries, and raspberries over all. Using your fingertips, gently press the fruit into the yogurt mixture.

Cover the dish with plastic wrap or aluminum foil. Freeze overnight.

At serving time, remove the baking dish from the freezer. Gently lift the parchment paper from the dish and transfer to a cutting board. Using your hands, break the bark into pieces (or you may need to hit it lightly on the surface of the cutting board). It's best to eat the bark immediately. It begins to melt 15 minutes after being removed from the freezer.

Quick Tips □

Cooking Tip: Any leftover bark can be wrapped in parchment paper, put in a resealable plastic freezer bag, and frozen for up to one month.

Keep it Healthy: Most fruits can be used to make this bark, from pomegranate arils (seeds) in the fall to diced peaches in the summer.

Tip: For different variations, try shredded unsweetened coconut, sunflower or pumpkin seeds, and/or chopped pecans or walnuts.

 Calories

70 Per Serving

 Protein

4g Per Serving

 Fiber

1g Per Serving

Nutrition Facts

Calories	70
Total Fat	2.0 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	0.5 g
Cholesterol	3 mg
Sodium	15 mg
Total Carbohydrate	10 g
Dietary Fiber	1 g
Sugars	9 g
Protein	4 g

Dietary Exchanges

1/2 other carbohydrate, 1/2 lean meat

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