

BITS and BITES

Berry Frozen Yogurt Bark

Ingredients

- 2 cups non-fat plain yogurt
- ½ tsp. vanilla extract
- ¼ tsp. lemon juice
- ¼ tsp. salt
- 1 cup strawberries, sliced
- 1 cup blueberries, whole

Directions

1. Line a baking sheet with wax paper and set aside.
2. In a large mixing bowl, combine yogurt, vanilla, lemon juice, and salt.
3. Pour the yogurt mixture onto the lined baking sheet and spread so that it is an even thickness.
4. Add strawberries and blueberries to the top of the yogurt.
5. Freeze until firm (roughly 2-3 hours).
6. Once frozen, cut the yogurt bark into pieces and enjoy!

SOURCE:

This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.

This institution is an equal opportunity provider.

Fruit is full of vitamins! Strawberries & blueberries are rich in vitamin C, which promotes immune system health. Fruits are a great source of fiber, as well. **Yogurt is a great source of calcium**, which is important for bone health.

Yogurt Bark is versatile!

Try:

- Using different fruit, like peaches, bananas, or raspberries
- Sprinkling the top with cinnamon to add more flavor.

Have a 4th of July picnic coming up? Save this recipe and place the strawberries and blueberries in a festive pattern for the event.

NC STATE EXTENSION



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