

## Title: Frozen Yogurt Trail Mix Bark

<u>Code</u>
RH, V, \$, Q

<u>Nutrition Facts:</u>	
Yield	6
Calories	166
Total Fat	6g
Sat Fat	1g
Sodium	73mg
Added Sugar	11g
Fiber	1.5g
Carbohydrates	21g
Protein	16g

### Ingredients Needed:

- 2 cups Greek yogurt, plain
- 3 tablespoons honey
- 1 teaspoon pure vanilla extract
- ¼ cup granola
- ¼ cup almonds, coarsely chopped
- ¼ cup blueberries
- 2 tablespoons dark chocolate chips (optional)

### Recipe Directions:

1. Line a baking sheet with parchment or wax paper.
2. In a medium bowl, mix yogurt, honey and vanilla until smooth. Pour mixture into the center of prepared sheet and spread to ¼" thick.
3. Top with granola, almonds, berries and chocolate chips. Very gently press toppings into yogurt.
4. Freeze until completely firm, about 4 hours. Break into pieces to serve immediately.

