



Nor^{se} Munch!

Recipe for Frozen Yogurt Bark

A great snack which is fun to make, uses up leftover dried fruit from Christmas and helps boost your energy as well!

Ingredients

500g	Greek Yogurt
2 Tbsp.	Runny Honey
1 Tbsp.	Dried Cranberries
1 Tbsp.	Raisins
Handful of	Fresh Strawberries or Raspberries – halved
1 Tbsp.	Dark Chocolate Chips
1 Tsp.	Desiccated Coconut (optional)

Method

1. Mix the yogurt and honey together in a bowl. Add the cranberries and raisins and mix until well combined.
2. Line a baking tray with foil and pour the yogurt mix on top.
3. Sprinkle the fresh fruit, chocolate chips and coconut over the top.
4. Place in the freezer for 2-4 hours.
5. Remove from the freezer once set and break up in to pieces of 'bark' with a sharp knife. The bark can be stored in food bags in the freezer.