

Recipe Feature

Frozen Yogurt Bark

A great snack which is fun and easy to make! Low in sugar and high in protein plus a great way to use up leftover pieces of chocolate Easter eggs!

Ingredients

500g Greek Yogurt

2 Tbsp. Runny Honey

1 Tbsp. Dried Cranberries

1 Tbsp. Raisins

Handful of Fresh Strawberries, Blueberries or Raspberries – halved

1 Tbsp. Dark or Milk Chocolate Egg - broken

1 Tbsp. Granola

Method

- 1. Mix the yogurt and honey together in a bowl.
- 2. Line a baking tray with cling film and pour the yogurt mix on top.
- 3. Sprinkle the dried and fresh fruit followed by the chocolate chips and granola over the top.
- 4. Place the tray flat in the freezer for 2-4 hours
- 5. Remove from the freezer once set and break up into pieces of 'bark' with a sharp knife. The bark can then be stored in food bags in the freezer ready for when you need a quick snack at home.

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