

FREE SAMPLE RECIPE · HAWKINC KITCHEN

# Berry Frozen Yogurt Bark

Spread yogurt on a sheet pan, scatter berries on top, freeze and snap. Each piece is just 30 calories, and kids love decorating their own section.

Makes 18 pieces | Serving: 1 piece | About $0.49 per serving | 10 min + 3 hr freeze

## Ingredients

- 2 cups nonfat vanilla yogurt
- 6 strawberries, chopped
- 2/3 cup raspberries, broken apart
- 2/3 cup blueberries
- 3 tablespoons coconut flakes
- 2 tablespoons sliced almonds

## Method

1. Line a baking sheet with wax or parchment paper.
2. Spread the yogurt in a thin, even layer.
3. Scatter the berries, coconut and almonds over the top, pressing them in lightly.
4. Freeze at least 3 hours. Let stand 5 minutes, then break or cut into 18 pieces.

**Swaps:** Nut-free: leave out the almonds or use pumpkin seeds. Try banana slices or a few mini chocolate chips. Halve everything for a small batch.

**Storage:** Keep in an airtight container in the freezer up to 2 months.

### Nutrition Facts

Per serving (1 piece)

| | |
|---|---|
| **Calories** | **30** |
| Total Fat | 0.5 g |
| Saturated Fat | 0 g |
| Sodium | 20 mg |
| Total Carbohydrate | 4 g |
| Dietary Fiber | 1 g |
| Total Sugars | 3 g |
| Added Sugars | 0 g* |
| Protein | 1 g |
| Calcium | 43 mg |
| Iron | 0 mg |
| Potassium | 75 mg |

## Why it's good for you

- Yogurt is one of the main food sources of calcium, which builds strong bones and teeth.[1]
- Strawberries are a named source of vitamin C, which protects cells and supports wound healing.[2]
- Berries add natural sweetness and fiber with very few calories.[3]

[1] NIH Office of Dietary Supplements: Calcium fact sheet, https://ods.od.nih.gov/factsheets/Calcium-Consumer/ [2] NIH Office of Dietary Supplements: Vitamin C fact sheet, https://ods.od.nih.gov/factsheets/VitaminC-Consumer/ [3] Harvard T.H. Chan School of Public Health, The Nutrition Source: Fiber, https://nutritionsource.hsph.harvard.edu/carbohydrates/fiber/

*The source label lists 0 g added sugars but notes added-sugar data was not yet available; flavored yogurt usually contains added sugar.

Recipe adapted from Iowa State University Extension and Outreach, Spend Smart. Eat Smart.: https://spendsmart.extension.iastate.edu/recipe/frozen-yogurt-bark/. Nutrition per serving and cost as published by the source; method rewritten. General information, not medical advice.

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