

Recipe of the Month – May 2023

Frozen Yogurt Bark

Serves: 18

Serving Size: 1 piece

Cost per Serving: \$0.49

Ingredients:

- 2 Cups nonfat vanilla yogurt
- 6 Strawberries, chopped
- 2/3 cup raspberries (broken apart)
- 2/3 cup blueberries
- 2 tablespoons coconut flakes
- 2 tablespoons sliced almonds



Directions:

1. Line a baking sheet with wax paper or parchment paper.
2. Spread yogurt thinly (1/4 inch or less) and evenly on pan.
3. Sprinkle strawberries, raspberries, blueberries, coconut flakes, and sliced almonds on top of the yogurt. Press down gently to make sure the berries, coconut, and almonds are in the yogurt.
4. Freeze for at least 3 hours.
5. Soften on the counter for about 5 minutes. Cut or break bark into pieces. Serve or store in freezer in airtight container for up to 2 months.

Tips:

- Add different ingredients such as sliced bananas or mini chocolate chips.
- To make a smaller batch, use half the amount of each ingredient.

Nutrition Facts per Serving: 30 calories, 0.5g total Fat (0g sat. fat),

0mg.Cholesterol, 20mg Sodium, 4g Carbohydrates, 1g Fiber, 3g Sugar, 1g Protein

*Recipe compliments of Iowa State University Extension and
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