

## Fruity Frozen Yogurt Bark

### Ingredients

- 1 1/2 cups plain Greek yogurt
- 2 tablespoons maple syrup
- 2 tablespoons unsalted almonds, chopped
- 1/2 cup peach, chopped
- 1/4 cup strawberries, chopped
- 1/4 cup blackberries
- 1/2 cup blueberries
- 1/2 cup shredded unsweetened coconut, optional

### Instructions

1. In a medium bowl, add Greek yogurt and maple syrup. Mix to combine.
2. Line a 9-inch by 13-inch baking dish with parchment paper. Use a spatula or knife to spread the Greek yogurt as thin as possible over the entire bottom of the dish.
3. Add the chopped nuts over the top of the yogurt. If desired, add shredded coconut. Using your fingers, press them lightly into the yogurt.
4. Add fruit, arranging so that pieces are not overlapping. Press fruit lightly into the yogurt.
5. Cover with plastic wrap and place in the freezer overnight.
6. To serve, loosen the edges of the parchment paper from the baking dish; then lift out and place onto a cutting board. Use your hands to break bark into pieces. If needed, bang the bark on the cutting board to break.
7. Serve immediately. Wrap leftover bark in parchment paper and seal in a zip-close bag in the freezer for up to one month.

View the recipe video on YouTube here: <https://youtu.be/u-sVV0t3bb4>