

## *Greek Yogurt Bark*



### **INGREDIENTS:**

- 1½ cups of low-fat light vanilla Greek yogurt (low sugar)
- ½ cup of blueberries
- 4 strawberries, sliced
- ¼ cup of sliced almonds

## *Greek Yogurt Bark*

---

### **DIRECTIONS:**

1. Line a baking sheet with parchment paper.
2. Spread Greek yogurt onto lined baking sheet into a thin and even layer.
3. Top with blueberries, strawberries and sliced almonds.
4. Cover baking sheet with aluminum foil and place in freezer until bark is fully frozen, usually two hours or overnight.

### **Flavor Variations:**

- Light raspberry cheesecake Greek yogurt topped with raspberries and shavings of dark chocolate
- Light Greek yogurt flavor of choice mixed with cocoa powder and topped with peanut butter and pretzels or sliced bananas
- Light coconut Greek yogurt topped with sliced almonds and shavings of dark chocolate

---

### **NUTRITION FACTS:**

Servings per recipe: 6; Calories 97; Total Fat 2g; Total Carbohydrates 10g;  
Dietary Fiber 4g; Net Carbohydrates 6g; Protein 9g



THE CENTER  
FOR BARIATRICS  
AT BAILEY MEDICAL CENTER