

Live Healthy Recipe

March 2023



Strawberry-Chocolate Greek Yogurt Bark

Ingredients:

- 3 cups whole-milk plain Greek yogurt
- ¼ cup pure maple syrup or honey
- 1 teaspoon vanilla extract
- 1½ cups sliced strawberries
- ¼ cup mini chocolate chips

Directions:

1. Line a rimmed baking sheet with parchment paper.
2. Stir yogurt, maple syrup (or honey) and vanilla in a medium bowl. Spread on the prepared baking sheet into a 10-by-15-inch rectangle. Scatter the strawberries on top and sprinkle with chocolate chips.
3. Freeze until very firm, at least 3 hours. To serve, cut or break into 32 pieces.

Equipment: Parchment paper

Tip: To make ahead: Freeze airtight between sheets of parchment for up to 1 month; let stand at room temperature for 15 minutes before serving.

Nutrition Facts:

Serving Size: One 1¾-by-2½-inch piece

Per Serving: 34 calories; protein 2g; carbohydrates 4g; dietary fiber 0.2g; sugars 3.5g; fat 1.3g; saturated fat 0.8g; cholesterol 2.8mg; vitamin a iu 19.7IU; vitamin c 4.6mg; folate 2mcg; calcium 27.7mg; iron 0.1mg; magnesium 3.1mg; potassium 44.8mg; sodium 7.6mg; added sugar 2g.

Recipe from eatingwell.com