

Frozen Berry Yogurt Bark

Prep Time 10 mins
 Total Time 4 hrs
 Meal Type Breakfast,Lunch,Snack
 Contributed By



Source [Living Plate Teaching Kitchen](#)

Servings 6



Ingredients

lb,c g,ml

- 6 strawberries, *hulled and sliced*
- 1 cup raspberries, *halved*
- 1/4 cup pecans, raw, *crushed*
- 1/2 cup blueberries
- 2 cup Greek yogurt, full-fat
- 1 Tbs maple syrup
- salt, *to taste*

Directions

Prep

1. Line a shallow baking pan with parchment paper.
2. Slice strawberries, halve raspberries and crush pecans.
3. Whisk together yogurt, maple syrup, and a pinch of salt.

Make

1. Spread the yogurt over the parchment paper in the baking pan.
2. Cover with berries and sprinkle with crushed pecans.
3. Place in the freezer for at least 3-4 hours to firm.
4. Remove from the freezer and break into pieces using a chef's knife.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	135	Total Fat 7.6g	11%	Total Carbohydrates 9g	2%
		Saturated Fat 3.0g	15%	Dietary Fiber 3g	10%
		Trans Fat 0.0g		Total Sugars 8g	
		Cholesterol 13mg	4%	Protein 7g	
		Sodium 28mg	1%		
Vitamin D 0mcg 0% · Calcium 96mg 9% · Iron 0mg 2% · Potassium 205mg 4%					

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

[- Show all nutrients -](#)