

Frozen Yogurt Bark

Culinary Medicine, Nutrition Services

Yield: 10-20 servings

Equipment: large bowl, spoon, baking sheet, waxed paper or plastic wrap, freezer

Ingredients

1 quart container plain, whole-fat yogurt

3-4 tablespoons honey or maple syrup (optional, for added sweetness)

2 teaspoons vanilla extract (optional)

3 tablespoons chia seeds (optional)

3 cups fresh berries (sliced strawberries, blueberries, raspberries, halved blackberries, red currants)

1 cup granola, mini dark chocolate chips, sunflower or pumpkin seeds (optional, for added crunch)

Instructions

1. In a large mixing bowl, combine the yogurt, honey or maple syrup (if using), vanilla extract, and chia seeds. Stir until well combined.
2. Line a large baking sheet with waxed paper or plastic wrap. Spread the yogurt mixture evenly over the sheet.
3. Scatter berries and optional toppings evenly over the yogurt. Gently press them into the yogurt to ensure they stick.
4. Place the baking sheet in the freezer and freeze for at least 3-4 hours, or until the yogurt is completely frozen.
5. Once frozen, remove the bark from the freezer and break it into pieces. Enjoy immediately or store the pieces in an airtight container in the freezer for up to 2 weeks.



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Why We Like This Recipe

The recipe is straightforward and doesn't require any special equipment. Just mix, spread, freeze, and enjoy! This is a fun recipe to make with kids. They can help with spreading the yogurt and adding the toppings, making it a great family activity.

Chef's Notes:

- You can easily adjust the sweetness with honey or maple syrup and add your favorite toppings like granola, nuts, or even a drizzle of chocolate.

Nutrition Notes:

- This recipe is a great source of protein, probiotics, and antioxidants. Greek yogurt provides protein and probiotics, which are beneficial for gut health. The fresh berries are rich in vitamins, especially vitamin C, and antioxidants, which help fight inflammation and support overall health. Using whole fat yogurt adds healthy fats that can help keep you satiated.

Gardener's Notes:

- Using fresh, in-season Vermont berries makes this treat extra flavorful and vibrant. It's a great way to enjoy the bounty of summer.



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