



# FROZEN YOGURT BARK

*A cool, energizing study snack  
Recipe adapted from Cookspiration.com  
(Dietitians of Canada)*

  
**WELLNESS  
AT HOME**



@utmhccwellness

## INGREDIENTS

- 500 g (2 cups) yogurt, any kind
- 175 mL (3/4 cup) frozen fruit
- 45 mL (3 Tablespoons) water
- 5 mL (1 teaspoon) sugar, optional
  
- Toppings as desired: shredded coconut, hemp seeds, nuts, cacao nibs, pumpkin seeds, fresh or dried berries or other fruits etc.

## FUN COMBINATIONS

- Vanilla yogurt + frozen mango + fresh strawberry pieces
- Lemon yogurt + frozen blueberries + toasted almonds and coconut
- Strawberry yogurt + frozen peach slices + hemp seeds
- Be creative and make up your own combinations!

## INSTRUCTIONS

01

Prepare a small baking sheet (or clean cutting board) by lining with foil or parchment paper. Spread the yogurt into an even layer (about 1.5 cm/ 1/2 inch thick) on the sheet.

02

In a small container, mash together frozen fruit, water and sugar (if using) with the back of a spoon. Place this mixture in blobs on top of the yogurt, and 'marble' the two together using the spoon.

03

Sprinkle desired toppings over the yogurt mixture.

04

Place sheet in freezer until yogurt is completely frozen, about two hours.

05

Break yogurt into pieces and enjoy. Store leftovers in the freezer.