

## Frozen Yogurt Bark with Berries and Granola

This frozen yogurt bark is the perfect healthy and refreshing snack for a hot day. It's packed with hydration from the yogurt, sweetness from the berries, and a satisfying crunch from the granola. Plus, it's fun to make and requires no baking!

### Ingredients:



1 cup (200g)  
Plain Greek yogurt



¼ cup (50g)  
Granola



½ cup (100g)  
Mixed berries (fresh or frozen)



1 tablespoon  
Honey (optional)

### Instructions:

1. Line a baking sheet with parchment paper. Spread the Greek yogurt evenly over the prepared baking sheet.
2. Wash and chop the berries, if using fresh. Scatter the berries evenly over the yogurt.
3. Sprinkle the granola on top of the yogurt and berries. Drizzle with honey, if desired.
4. Place the baking sheet in the freezer for at least 2 hours, or until the yogurt is completely frozen.
5. Once frozen, break the bark into pieces for individual servings. Enjoy immediately!

### Tips:

- For a creamier texture, use full-fat Greek yogurt.
- Get creative with your toppings! Chopped nuts, shredded coconut, or mini chocolate chips would all be delicious additions.
- If you don't have granola, you can substitute chopped nuts or seeds.
- The frozen yogurt bark can be stored in the freezer for up to 2 weeks.

