

Strawberry-Chocolate Greek Yogurt Bark

Yield: 32 servings

(serving size: One 1 ¾" X 2 ½" piece)

Ingredients

- 3 cups whole-milk plain Greek yogurt
- ¼ cup pure maple syrup or honey
- 1 tsp. vanilla extract
- 1 ½ cups sliced strawberries
- ¼ cup mini chocolate chips



Preparation

1. Place tomatoes cored-side down on a cutting board. Make 8 cuts down each tomato, slicing 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.
- To make ahead: Freeze airtight between sheets of parchment for up to 1 month; let stand at room temperature for 15 minutes before serving.

Nutritional Information: Amount per serving (using almonds)

- | | | |
|-------------------------|--------------------|--------------|
| • Calories: 34 | • Cholesterol: 3mg | • Sodium 8mg |
| • Calories from fat: 3% | • Protein: 2g | • Sugar: 3g |
| • Fat: 1g | • Carbohydrate: 4g | |
| • Saturated fat: 1g | • Fiber: 0g | |

Adapted from
Eatingwell.com
July 2017