



Strawberry Yogurt Chocolate Bark

Ingredients:

- 3 cups plain greek yogurt
- 1 cup strawberries, quartered
- 2 TBSP honey or maple syrup
- ¼ cup dark chocolate chips
(optional but recommended)

Directions:

1. Line a baking sheet with parchment paper; Wash strawberries and cut into quarters using a cutting board
2. Combine greek yogurt and honey in a medium bowl; Pour onto baking sheet and spread into an even layer
3. Add an even layer of strawberries on top and sprinkle with dark chocolate chips
4. Freeze for at least 3 hours or overnight; Once hardened, break into pieces using hands (wash them first!)
5. Enjoy!

Cookware needed:

- Cutting board
- Medium bowl
- Baking sheet
- Freezer

Cost: \$

Ease: 

Health Benefit: Greek yogurt is low in sugar and contains protein and calcium to support strong and healthy bones. Strawberries are rich in antioxidants, vitamins, and minerals for overall health. Dark chocolate is lower in sugar than other varieties and contains magnesium which promotes heart health