


Frozen Yogurt Bark with Berries & Granola




The ultimate no-bake summer snack. These yogurt bars are a colorful, crunchy, creamy treat that is ridiculously easy to make, packed with nutrients, and naturally cooling.



PREP TIME

10 mins




CHILL TIME

3 hrs

TOTAL TIME

3 hrs 10 mins




COURSE

Snack

SERVINGS

6 servings



CALORIES

150 kcal

INGREDIENTS

- 2 cups Greek yogurt - plain or vanilla (full-fat or low-fat)
- 2 tbsp maple syrup or raw honey
- 1/2 tsp vanilla extract (optional)
- 1/2 cup strawberries sliced
- 1/2 cup blueberries
- 1/4 cup raspberries
- 1/4 cup granola
- 1 tbsp chia seeds or flaxseeds (optional for fiber)
- 1 tbsp melted almond butter or dark chocolate (optional for drizzle topping)

INSTRUCTIONS

1. Step 1: Mix the Base

In a medium bowl, whisk together the Greek yogurt, maple syrup, and vanilla extract. Taste and adjust sweetness to your liking. Want it tangier? Leave it unsweetened and let the fruit do the work.

2. Step 2: Prepare the Bark Canvas

Line a baking sheet or flat tray with parchment paper. Pour the yogurt mixture onto the paper and use a spatula to spread it into an even rectangle about ¼ inch thick.

3. Step 3: Top It Like You Mean It

Sprinkle the berries, granola, and seeds evenly over the yogurt layer. For an extra flair (and flavor boost), drizzle almond butter or melted dark chocolate across the top in a zig-zag pattern.

4. Step 4: Freeze It

Place the tray flat in the freezer for at least 3 hours, or until the yogurt is completely firm.

5. Step 5: Break & Store

Once set, lift the parchment off the tray and break the bark into hand-sized pieces. Store in an airtight container in the freezer for up to 2 weeks.

NOTES

Nutrition Facts (per serving, based on 6 servings):

- **Calories:** ~150
- **Protein:** 10g
- **Fat:** 4g
- **Carbohydrates:** 16g
- **Fiber:** 2g
- **Sugars:** 9g (natural + added)
- **Calcium:** ~15% DV
- **Probiotics:** Yes, if using live-culture yogurt

Note: Nutrition may vary depending on yogurt brand and toppings used.



KEYWORD

no-bake, Summer

