



## Berry Yogurt Bark

### INGREDIENTS

2 cups Greek yogurt  
1 teaspoons vanilla extract  
2 tablespoons honey

### Toppings

2 tablespoons almonds (or sprinkle to heart's content)  
1/2 cup blueberries (apply freely)  
2 tablespoons shredded coconut  
Optional: Swirl in a couple tablespoons of blueberry preserves for color and sweetness.



### DIRECTIONS

1. Mix 1 teaspoon vanilla extract and honey into the Greek yogurt.
2. Spread the Greek yogurt mixture evenly onto parchment paper (or wax paper), about ½-inch thick.
3. Sprinkle on toppings: almonds, blueberries, coconut.
4. Freeze overnight or for about 5 hours.
5. In the morning remove from the baking sheet and break into small pieces and eat cold.
6. Store extra pieces in a freezer-safe container.

RECIPE INSPIRED BY FIT LUSH