Greek Yogurt Bark    
Length: 10 minutes to prepare. 2-4 hours to freeze.

Change up your usual Greek yogurt and fruit for this frozen treat or snack. With dried fruit and nuts you’re still getting your protein, fiber, and healthy fats, just with a side of fun too.

Ingredients:   
1 ½ cup plain Greek yogurt   
2 tbsp honey   
½ heaping cup of dried fruit (double check for no added sugar!), ¾ cup unsalted nuts   
¾ cup unsalted nuts

Equipment:   
Large bowl   
Spatula   
Measuring cups   
11x7 baking pan or multiple smaller pans   
Parchment paper   
Freezer   
Knife   
Cutting board

Steps:   
1. Add all ingredients to a large bowl.

2. Stir until well combined.

3. Pour into parchment paper lined baking pan. Distribute evenly in pan. Place in freezer until completely frozen through.

4. Remove from freezer and use the parchment paper to remove from the baking pan.

5. Use a knife to cut/break into medium sized pieces. Store in the freezer. Will last for months and be ready whenever you need a snack!