

FROZEN YOGHURT BARK

INGREDIENTS

- 2 cups Greek yoghurt
- 1/2 cup fresh berries (strawberries, blueberries, raspberries)
- 1–2 tsp honey (optional)
- 2 tbsp crushed nuts or seeds (e.g. almonds, sunflower seeds)

INSTRUCTIONS

1. Line a tray with baking paper.
2. Spread Greek yoghurt evenly across the tray (about 1–2 cm thick).
3. Sprinkle berries and crushed nuts/seeds on top.
4. Drizzle with honey if desired.
5. Freeze for 2–3 hours, then break into pieces and enjoy!

