the center
For Naturopathic Medicine & Functional Nutrition



Frozen Berry Yogurt Bark

Prep time	Total time	Meal type	Servings
10 minutes	4 hours	Breakfast, Lunch, Snack	6

Ingredients

- 6 strawberries, *hulled and sliced*
- 1 cup raspberries, *halved*
- 1/4 cup pecans, raw, *crushed*
- 1/2 cup blueberries
- 2 cup Greek yogurt, full-fat
- 1 Tbs maple syrup
- salt, *to taste*

Directions

Prep

1. Line a shallow baking pan with parchment paper.
2. Slice strawberries, halve raspberries and crush pecans.
3. Whisk together yogurt, maple syrup, and a pinch of salt.

Make

1. Spread the yogurt over the parchment paper in the baking pan.
2. Cover with berries and sprinkle with crushed pecans.
3. Place in the freezer for at least 3-4 hours to firm.
4. Remove from the freezer and break into pieces using a chef's knife.

Nutrition Facts

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Amount per serving

Calories 135

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 3g	**15%**
Trans Fat N/A	
Cholesterol 13mg	**4%**
Sodium 28mg	**1%**
Total Carbohydrates 9g	**3%**
Dietary Fiber 3g	**9%**
Total Sugars 8g	
Sugars, added N/A	**0%**
Protein 7g	
Vitamin D N/A	0%

Source: Living Plate

Notes

Disclaimer

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each 'NA' indicates a missing or incomplete value.
Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only