

Fruit & Yogurt Parfait Bark

It's time to invite Spring with a yummy treat packed with probiotics, antioxidants and protein! This Yogurt Bark is so good and can be eaten for breakfast, as a snack, or even as a healthy dessert!

By: *My Heavenly Recipes*

Prep Time: 5 minutes

Total Time: Ready in 2-4 hours

Yield: 10 servings

Ingredients

- 2 cups Plain Greek Nonfat Yogurt, or dairy-free alternative
- 1/4 c. honey or vegan alternative sweetener
- 1/2 tsp Vanilla Extract
- 1/4 tsp Lemon Juice
- Strawberries, sliced
- Blueberries
- Granola



Directions:

1. Line a baking sheet with parchment paper and set it aside
2. In a large mixing bowl, combine the yogurt, honey, vanilla, and lemon juice
3. Whisk yogurt mix until it's thoroughly combined
4. Transfer the yogurt mixture to the previously prepared baking sheet and spread it around to an even thickness
5. Top the yogurt with cut up strawberries, blueberries, and the granola of your choice!
6. Place the tray in the freezer for 2-4 hours
7. When you're ready to serve or eat, break the bark into pieces and enjoy!

Spring Word Scramble

WFOLSER _____

RSIPG _____

EBSE _____

RBISD _____

NSSUIEHN _____

ARNI _____

OLBMO _____

RNGAED _____

MBOLSSO _____

DESES _____

