

Mixed Fruit Yogurt Bark

Ingredients:

- 2 cups of dairy-free yogurt, plain
- 1/2 tablespoon of honey or maple syrup (optional)
- 1 cup sliced strawberries
- 1/2 cup blueberries
- 1/2 cup kiwi slices
- 1 orange, peeled and segmented



Servings: 6

Instructions:

1. Line a baking sheet with parchment paper.
2. In a bowl, mix the dairy-free yogurt with honey or maple syrup if desired.
3. Spread the yogurt mixture evenly onto the parchment paper.
4. Arrange the orange segments, blueberries, strawberries and kiwi slices over the yogurt.
5. Freeze for at least 4 hours or until completely firm.
6. Break into pieces and serve.



*GLUTEN-FREE

Nutrition Facts

6 servings per container
Serving size 1 Piece (152g)

Amount per serving
Calories 110

	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	7%
Total Sugars 10g	
Includes 1g Added Sugars	2%
Protein 7g	

Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 1mg	6%
Potassium 195mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.