

GREEK YOGURT BARK

Michelle Briceno, Obesity Medicine Certified Registered Dietitian at Terrebonne General Weight Management, shares a delicious sweet treat.



Makes 10-15 pieces

INGREDIENTS

- 2 cups plain Greek yogurt
- 2 tbsp. honey, maple syrup, or zero-calorie sweetener of choice (liquid is best)
- Toppings: sliced strawberries, raspberries, blueberries, pomegranate seeds, dark chocolate chips, sliced almonds, coconut flakes, or a drizzle of nut butter

INSTRUCTIONS

1. Combine Greek yogurt and your sweetener of choice, then spread the mixture on a parchment-lined baking sheet.
2. Add preferred toppings.
3. Freeze for 3-4 hours. Use a sharp knife to break into pieces.
4. Store in an airtight container in the freezer for up to one week.

Flavor Combinations:

Chocolate Strawberry Banana: strawberry puree, fresh sliced strawberries and bananas, and chocolate chips

Pina Colada: shredded coconut, sliced fresh pineapple, sliced almonds

Chocolate Pistachio: melted chocolate chips swirled into yogurt and topped with crushed pistachios

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