



FROZEN BERRY PROTEIN BARK

INGREDIENTS

ITEM

Greek Yogurt
Mixed Berries
Crushed Almonds

QUANTITY

$\frac{3}{4}$ Cup
 $\frac{1}{4}$ Cup
1 Tbsp.

SERVING SIZE

1

PREPARATION

- 👉 Line a baking tray with parchment paper.
- 👉 Spread Greek yogurt evenly into a thin layer.
- 👉 Top with berries and almonds, pressing lightly.
- 👉 Freeze 2-3 hours until solid.
- 👉 Break into pieces and store frozen.