



FROZEN PEANUT BUTTER YOGURT BARK



INGREDIENTS

ITEM	QUANTITY
• Lactose-free Greek Yogurt	¼ cup
• Peanut Butter	1 tsp
• Maple Syrup	1 tsp
• Blueberries	1 tbsp

SERVING SIZE 1

PREPARATION

- 👉 In a small bowl, mix Greek yogurt, peanut butter, and maple syrup until smooth and fully combined.
- 👉 Spread mixture thinly onto parchment paper or a small tray.
- 👉 Evenly scatter blueberries over the surface and gently press them in.

- 👉 Place in freezer and freeze for 2-3 hours until fully solid.
- 👉 Break into pieces and store frozen until ready to eat.