



YOGURT BARK

This is a simple recipe great for someone who is craving something late at night, has a busy life style but wants to eat fairly healthy ingredients!

Ingredients:

1 cup frozen fruit

2 cups plain Greek or vanilla yogurt

2 BeBOLD chocolate chip or peanut butter bars

2 tsp chia seeds

Optional: Dark chocolate chips/maple syrup.

Instructions:

Crush the BeBOLD bars onto small bite-size pieces and mix them well with all the ingredients except the chia seeds. In a flat tray lined with plastic wrap spread this mix into a thin layer and sprinkle the chia seeds on

top, Freeze it for a few hours. Break it into small pieces and enjoy.

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