

# STRAWBERRY CHOCOLATE YOGURT BARK

Sometimes part of the pleasure of dessert is the “mouthfeel.” Creamy frozen yogurt in this recipe complements the crunch of the chocolate to satisfy a sweet craving with fewer calories than chocolate chip ice cream!

## INGREDIENTS

- 3 cups whole-milk plain Greek yogurt
- ¼ cup pure maple syrup or honey
- 1 teaspoon vanilla extract
- 1 ½ cups sliced strawberries
- ¼ cup mini chocolate chips

## DIRECTIONS

### STEP 1

Line a rimmed baking sheet with parchment paper.

### STEP 2

Stir yogurt, maple syrup (or honey) and vanilla in a medium bowl. Spread on the prepared baking sheet into a 10-by-15-inch rectangle. Scatter the strawberries on top and sprinkle with chocolate chips.

### STEP 3

Freeze until very firm, at least 3 hours. To serve, cut or break into 32 pieces.

## NUTRITION FACTS

Serving Size: One 1 3/4-by-2 1/2-inch piece  
Per Serving: 34 calories; protein 2g; carbohydrates 4g; dietary fiber 0.2g; sugars 3.5g; fat 1.3g; saturated fat 0.8g; cholesterol 2.8mg; vitamin a iu 19.7IU; vitamin c 4.6mg; folate 2mcg; calcium 27.7mg; iron 0.1mg; magnesium 3.1mg; potassium 44.8mg; sodium 7.6mg; added sugar 2g.



**Wisconsin Athletic Club**

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