

#loveCDNrecipes



Preparation: 2 hrs 15 mins

Cooking: 20 hrs

Ready in: 2 hrs 35 mins

Serves: 3 - 4

Granola Berry Yogurt Bark

Ingredients

- 1 1/2 cups (375 mL) vanilla Greek yogurt
- 1/2 cup (125 mL) Honey Flax Granola (see recipe)
- 6 fresh small strawberries, quartered
- 2 Tbsp (30 mL) pumpkin seeds

Directions

1. Line a baking sheet with parchment paper.
2. Spread the yogurt in a layer approximately 1/2 inch (1 cm) thick.
3. In Sprinkle with granola, strawberries and pumpkin seeds.
4. Place in freezer about 2 hours or until the yogurt is completely frozen.
5. Break the bark into pieces to enjoy. Store bark pieces in an airtight container in the freezer for up to 2 weeks.

Shopping List

Pantry Staples

- large flake rolled oats
- ground flaxseed
- fine unsweetened coconut
- whole flaxseed
- slivered almond
- ground cinnamon
- salt
- canola oil
- honey
- pumpkin seeds

Refrigerator & Freezer

- 1 1/2 cups vanilla Greek yogurt

Produce

- 6 fresh small strawberries

Notes:

You can substitute 1/2 cup (125 mL) fresh raspberries or blueberries for the strawberries.



Remember to check your pantry and refrigerator before you go shopping!