

Blueberry Yogurt Bark - A Cool & Creamy Snack You'll Crave

Looking for a snack that's sweet, tangy, and totally guilt-free? This



TIME
7 min

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INGREDIENTS

Yogurt Base:

- 3 cups plain Greek yogurt
- 1/4 cup honey or maple syrup (plus 1 tbsp for compote)
- 1 tsp vanilla extract
- 1 tbsp lemon zest (optional - for brightness)

Blueberry Compote:

- 1 cup fresh blueberries
- 1 tbsp honey or maple syrup

Toppings:

- 1/2 cup fresh blueberries (reserved)
- Optional: chopped nuts, coconut flakes, seeds, mini chocolate chips

DIRECTIONS

- 1.** Step 1: Make the Blueberry Compote: In a small saucepan, add 1 cup blueberries and 1 tbsp honey (or maple syrup). Simmer over medium heat for 5-7 minutes until the berries burst. Mash lightly with a spoon and set aside to cool.
- 2.** Step 2: Prep the Yogurt Base: In a mixing bowl, combine Greek yogurt, the remaining sweetener, vanilla extract, and lemon zest. Mix until creamy and smooth.
- 3.** Step 3: Assemble the Bark: Line a rimmed baking tray or sheet pan with parchment paper. Spread the yogurt mixture evenly to about 1/4 to 1/2 inch thick.
- 4.** Step 4: Swirl and Decorate: Drop spoonfuls of the cooled compote over the yogurt. Add the remaining fresh blueberries. Use a toothpick or butter knife to gently swirl for a marbled look. Add any extra toppings for crunch and flavor.
- 5.** Step 5: Freeze: Place the tray in the freezer for 3-4 hours, or overnight until solid.
- 6.** Step 6: Break & Store: Once frozen, lift the parchment out and break the bark into pieces. Store in a freezer-safe container or bag. Keeps for up to 1 month!

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Original recipe: <https://chefmaniac.com/blueberry-yogurt-bark-a-cool-creamy-snack-youll-crave/>