

Frozen Yogurt Bark - A Cool, Creamy Treat with Berries & Nuts

Frozen Yogurt Bark: A Refreshing, Guilt-Free Treat ??



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INGREDIENTS

- 2⁰⁰/₁₀₀ cups Greek yogurt, plain
- 4 tablespoons honey
- 1 teaspoon vanilla extract
- 1 cup blueberries, fresh or frozen
- 1 cup raspberries, fresh or frozen
- ¹/₂ cup walnuts, chopped

Ingredient Tips & Swaps:

Yogurt: Full-fat Greek yogurt offers the creamiest texture, but low-fat or dairy-free alternatives work too.

Sweetener: Maple syrup or agave can replace honey.

Toppings: Swap berries for sliced strawberries, mango, or kiwi. Use almonds, pistachios, or even chocolate chips instead of walnuts.

Instructions:

1. Mix the Yogurt Base:
2. Prepare the Pan:
3. Spread the Mixture:
4. Top It Off:
5. Freeze:
6. Break & Store:

Tips for Success:

Work quickly when topping so the yogurt doesn't melt before freezing.

Use a rimmed baking sheet to contain the mixture neatly.

Cut before it's rock-solid for easier slicing.

Serving Suggestions:

Enjoy as a midday snack or post-workout refresher.

Serve alongside No-Bake Peanut Butter Oatmeal Bars for a wholesome treat tray.

Add a dollop of Brownie Batter Dip for a fun dessert pairing.

Storage Tips:

Freezer: Store in an airtight container with parchment between layers for up to 2 weeks.

Fridge: Not recommended-yogurt will soften and melt.

To Serve: Eat directly from the freezer to keep it firm and crisp.

More Recipes You'll Love:

No-Bake Monster Cookie Energy Balls

3-Ingredient Chocolate Chip Oatmeal Breakfast Cookies

Edible Cookie Dough

Final Thoughts:

DIRECTIONS

1. **Mix the Yogurt Base:** In a bowl, stir together the Greek yogurt, honey, and vanilla extract until smooth and combined.
2. **Prepare the Pan:** Line a baking sheet with parchment paper to prevent sticking and ease cleanup.
3. **Spread the Mixture:** Pour the yogurt mixture onto the parchment and spread it into an even layer with a spatula, about ... to ¼ inch thick.
4. **Top It Off:** Evenly scatter the blueberries, raspberries, and chopped walnuts over the yogurt layer.
5. **Freeze:** Place the tray in the freezer for about 3 hours, or until firm and fully set.
6. **Break & Store:** Once frozen, slice or break the bark into pieces. Store in airtight containers in the freezer until ready to enjoy.
7. **Tips for Success:** Work quickly when topping so the yogurt doesn't melt before freezing.
8. Use a rimmed baking sheet to contain the mixture neatly.
9. Cut before it's rock-solid for easier slicing.
10. **Serving Suggestions:** Enjoy as a midday snack or post-workout refresher.
11. **Serve alongside :** No-Bake Peanut Butter Oatmeal Bars for a wholesome treat tray.
12. **Add a dollop of :** Brownie Batter Dip for a fun dessert pairing.
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15. To Serve: Eat directly from the freezer to keep it firm and crisp.
16. More Recipes You'll Love: Craving more no-bake, healthy-ish fun?
17. No-Bake : Monster Cookie Energy Balls
18. 3-Ingredient Chocolate Chip Oatmeal Breakfast Cookies
19. Edible : Cookie Dough
20. Final Thoughts: Frozen Yogurt Bark is the perfect fusion of fun and nutrition. With creamy yogurt, bursts of fresh fruit, and a hint of crunch, it's a feel-good treat that tastes like dessert but fuels like a snack.
21. Let me know how you top yours-tag your creations or drop your favorite combos in the comments! And follow along for more healthy snack hacks and no-bake wonders.

TIPS FOR SUCCESS

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Cut before it's rock-solid for easier slicing.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/frozen-yogurt-bark-a-cool-creamy-treat-with-berries-nuts/>