

Healthy & Refreshing: DIY Frozen Yogurt Bark Recipe

Looking for a guilt-free, deliciously refreshing snack that's perfect for warm days? These



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INGREDIENTS

1 1/2 cups yogurt (plain or flavored, Greek yogurt recommended for thicker bars)

3/4 cup fruit, frozen or fresh (berries, sliced bananas, mango chunks, etc.)

2-4 tablespoons your favorite toppings: try granola, nuts, seeds, chocolate chips, and more

Swaps and Notes:

Yogurt: Plain Greek yogurt (full-fat or low-fat) is highly recommended as it's thicker and will create firmer bars. Regular yogurt can work, but the bars might be softer. Flavored yogurt can also be used, but adjust sweetness accordingly. Dairy-free yogurt works too!

Fruit: Use any of your favorite fruits! Fresh berries (strawberries, blueberries, raspberries), sliced bananas, mango chunks, kiwi slices, or even small pieces of pineapple. If using fresh fruit with high water content, pat it dry slightly.

Toppings: This is where you can get creative!

Crunchy: Granola, chopped nuts (almonds, walnuts, pecans), seeds (chia, hemp, flax), toasted coconut flakes.

Sweet: Mini chocolate chips, white chocolate chips, a sprinkle of cinnamon, a drizzle of honey or maple syrup before freezing.

Fruity: Additional small fruit pieces.

Sweetener (Optional): If using plain unsweetened yogurt, you might want to whisk in 1-2 tablespoons of honey, maple syrup, or a sugar substitute to the

yogurt before spreading.

DIRECTIONS

1. Let's get these refreshing : Frozen Yogurt Bars ready for the freezer!
2. Prepare : Baking Sheet: Line a baking sheet (a rimmed baking sheet works best) with parchment paper or wax paper. This is crucial for easy removal of the frozen bars. Clear some room in your freezer for this baking sheet, as you will need it later to lay flat.
3. Spread : Yogurt Base: Place the lined baking sheet on a flat work surface (like your counter). Spread the yogurt onto the paper into a thick, even layer, about 1/3-inch thick. Aim for an even thickness so the bars freeze consistently.
4. Add : Fruit and Toppings: Evenly sprinkle your chosen fruit (3/4 cup, frozen or fresh) and your favorite toppings (2-4 tablespoons, such as granola, nuts, seeds, chocolate chips, etc.) onto the spread yogurt.
5. Press : Toppings In: Using your finger or the back of a spoon, gently but firmly press the toppings (fruit, granola, etc.) into the yogurt. This ensures they are secure and won't fall off later when you break or slice the bars.
6. Chill in : Freezer: Carefully transfer the baking sheet to your freezer, ensuring it lays flat. Chill in the freezer for at least 4 hours, or until the yogurt is completely firm throughout and solid.
7. Remove & : Slice: Once completely firm, remove the baking sheet from the freezer. Carefully peel off the parchment paper or wax paper from the frozen yogurt slab.
8. Slice into : Pieces: Using a sharp knife, slice the frozen yogurt slab into pieces of your desired size

(bars, squares, or even irregular "bark" pieces).

SWAPS & NOTES

Yogurt: Plain Greek yogurt (full-fat or low-fat) is highly recommended as it's thicker and will create firmer bars.

Regular yogurt can work, but the bars might be softer.

Flavored yogurt can also be used, but adjust sweetness accordingly.

Fruit: Use any of your favorite fruits!

TIPS FOR SUCCESS

Even Thickness: Spread the yogurt in an even layer for consistent freezing and texture.

Press Toppings Firmly: This helps prevent toppings from falling off once frozen.

Use Greek Yogurt: For thicker, firmer, and less icy bars, plain Greek yogurt is highly recommended.

Avoid Over-Topping: While tempting, too many heavy toppings can make the bars harder to cut or break.

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

Original recipe: <https://chefmaniac.com/healthy-refreshing-diy-frozen-yogurt-bark-recipe/>