

# HEALTHY COOKING CLASS

## Warrior Health & Fitness Program



COMMUNITY HEALTH  
& WELLNESS

## Raspberry-Lemon Greek Frozen Yogurt Bark

Makes 16 servings, Active:15 mins, Total: 3 hours 15 minutes

A thin layer of honey-sweetened Greek yogurt is topped with fresh raspberries and lemon zest and then frozen and broken into chunks for a colorful snack or healthy dessert that kids and adults will love.



### Ingredients

- 3 cups whole-milk plain Greek yogurt
- ¼ cup honey
- Zest of 1 lemon
- 2 tablespoons lemon juice
- 1 teaspoon vanilla extract
- 6 ounces raspberries, halved lengthwise

### Equipment

Parchment paper

### Directions

1. Line a large rimmed baking sheet with parchment paper.
2. Stir yogurt, honey, lemon juice and vanilla together in a medium bowl. Spread on the prepared baking sheet into a 10-by-15-inch rectangle. Scatter raspberries on top and sprinkle with lemon zest.
3. Freeze until very firm, at least 3 hours. To serve, cut or break into 32 pieces.

### To make ahead

Freeze airtight between sheets of parchment for up to 1 month; let stand at room temperature for 15 minutes before serving.

**NUTRITION FACTS** (Serving Size: 2 pieces) Per Serving 69 calories, 3grams Total Fat, 1 grams Saturated Fat, 6 milligrams Cholesterol, 17 milligrams Sodium, 5 grams Protein, 8 grams Carbohydrate, Dietary Fiber: 1 gram

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