



Frozen Greek Yogurt Bark

KETO, Snack

Prep Time: 10 minutes **Cook Time:** 0 minutes serves: 8-10 **Source:** Kitchen on Fire

INGREDIENTS

1 1/2 cups whole milk plain Greek Yogurt
1-2 Tablespoons pure maple syrup or honey
1 teaspoons vanilla extract
1 teaspoon cinnamon
1/2 teaspoon cardamom
1 teaspoon orange zest (Optional)
1 cup fresh berries for topping
1 cup of crushed ground mixed nuts
for topping
sprinkle of sea salt

DIRECTIONS

Line a baking sheet with parchment paper.

In a large bowl combine the yogurt, maple syrup/honey, vanilla and spices. Spread the mixture onto the prepared baking sheet (you want about 1/4 inch thickness). Top with the berries, nuts and sea salt. Place in the freezer until frozen (about 2-3 hours).

Very carefully, cut using a pizza cutter or sharp knife, into pieces or just break in pieces with you hands.

NOTES

Equipment:

Mixing Bowl
Rubber Spatula
Sheet tray or other tray for freezer
Parchment paper