



## Cookies 'n Cream Fro-Yo Bark



1/6 of recipe: 102 calories, 3g total fat (2g sat. fat), 61mg sodium, 20g carbs, <0.5g fiber, 8g sugars, 6.5g protein

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**Prep:** 10 minutes

**Freeze:** 3 hours

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### Ingredients

1 1/2 cups fat-free plain Greek yogurt  
1 cup light whipped topping (thawed from frozen)  
1/4 cup natural no-calorie sweetener that measures like sugar  
1 tsp. vanilla extract  
1 dash salt  
16 Chocolate Teddy Grahams, lightly crushed (or similar alternative)  
1 1/2 tbsp. white chocolate chips, chopped

### Directions

Line a 10" X 15" baking sheet with parchment paper, or spray it with nonstick spray. (If it won't fit in your freezer, use an 8" X 8" baking pan instead!)

In a large bowl, combine yogurt, whipped topping, sweetener, vanilla extract, and salt. Mix until uniform.

Spread mixture onto a baking sheet in a thin layer, about 1/4 inch thick.

Top with remaining ingredients, and lightly press to adhere.

Lightly cover with foil and freeze until firm, at least 3 hours.

Slice or break into 6 pieces.

**MAKES 6 SERVINGS**

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