



Cranberry Pistachio Fro-Yo Bark



1/6 of recipe: 129 calories, 4.5g total fat (2.5g sat. fat), 55mg sodium, 15g carbs, 0.5g fiber, 11g sugars, 7g protein

Prep: 10 minutes

Freeze: 2 hours

More: [Gluten-Free](#)



Ingredients

- 1 1/2 cups fat-free plain Greek yogurt
- 1 cup light whipped topping (thawed from frozen)
- 4 packets natural no-calorie sweetener
- 1 tsp. vanilla extract
- 1 dash salt
- 3 tbsp. sweetened dried cranberries, chopped
- 3/4 oz. (about 3 tbsp.) chopped pistachios
- 2 tbsp. white chocolate chips, chopped

Directions

Line a baking sheet with parchment paper. (If it won't fit in your freezer, use an 8"x8" baking pan instead.)

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

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

Top with remaining ingredients, and lightly press to adhere.

Freeze until solid, at least 2 hours.

MAKES 6 SERVINGS

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.