



Halloween Fro-Yo Bark



1/6 of recipe: 145 calories, 4.5g total fat (2g sat. fat), 88mg sodium, 26.5g carbs, 0.5g fiber, 15g sugars, 7g 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
- 1/4 cup natural no-calorie sweetener that measures like sugar
- 1 tsp. vanilla extract
- 1 dash salt
- 1 cup light whipped topping (thawed from frozen)
- 2 standard-size Reese's Peanut Butter Cups, chopped
- 1 oz. (about 2 tbsp.) candy corn, chopped
- 1/2 oz. (about 1 tbsp. or 1 fun-size bag) M&M's or Reese's Pieces
- 1 tbsp. Halloween sprinkles

Directions

Line a 10" x 15" baking sheet with parchment paper. (If it won't fit in your freezer, use an 8" x 8" baking pan, and adjust freeze time as needed.)

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

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

Top with remaining ingredients, and lightly press to adhere.

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

Slice or break into 6 pieces.

MAKES 6 SERVINGS

HG Tip: If you can't find a premixed assortment of Halloween-color sprinkles, those jars with separate colors in one shaker make it easy to DIY your own blend.

HG FYI: Not all sprinkles are gluten free. Check labels if that is a concern.

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