



Happy Birthday Fro-Yo Bark



1/4 of recipe: 150 calories, 8.5g total fat (5.5g sat. fat), 120mg sodium, 17.5g carbs, 2g fiber, 8g sugars, 3g protein

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Prep: 10 minutes **Cook:** 5 minutes or less

Freeze: 3 hours



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Ingredients

1/3 cup whipped cream cheese
1/3 cup fat-free plain Greek yogurt
2 packets natural no-calorie sweetener
1 tsp. vanilla extract
1 dash salt
1 cup light whipped topping (thawed from frozen)
1 1/4 cups popped [94% fat-free microwave popcorn](#)
2 tbsp. [no-sugar-added chocolate chips](#)
1 tbsp. rainbow sprinkles

Directions

Line a baking sheet with parchment paper.

In a large bowl, combine cream cheese, yogurt, sweetener, vanilla extract, and salt. Mix well. Gently fold in whipped topping. Mix until completely uniform.

Spread mixture onto the baking sheet in a thin layer, about 1/4 inch thick. Top with popcorn, and lightly press to adhere.

In a small microwave-safe bowl, microwave chocolate chips for 30 seconds, or until melted.

Drizzle melted chocolate over the contents of the baking sheet. Top with sprinkles.

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

Slice or break into pieces.

MAKES 4 SERVINGS

HG FYI: Not all whipped topping is vegetarian, so read labels carefully if that's a concern.

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