



Holiday Frozen Yogurt Bark



1/6th of recipe: 88 calories, 2.5g total fat (2.5g sat. fat), 53mg sodium, 14.5g carbs, <0.5g fiber, 10.5g sugars, 1.5g protein

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Prep: 10 minutes

Freeze: 2 hours

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Ingredients

1 1/4 cups natural light whipped topping (like the kind by [So Delicious](#) or [Truwhip](#))
1 cup fat-free vanilla yogurt
1/2 tsp. vanilla extract
1/4 tsp. peppermint extract
Dash salt
1/8 tsp. red food coloring
1 candy cane (or 3 mini candy canes or 3 starlight mint candies), crushed
1 tbsp. mini semi-sweet chocolate chips

Directions

Line a 9-inch pie pan with parchment paper. (A springform pan works best.)

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

Spread mixture into the pan, and smooth out the top.

Place food coloring in a very small bowl.

Dip the back of a spoon or a knife into the food coloring, and swirl into the yogurt mixture.

Top with remaining ingredients, and lightly press to adhere.

Freeze until solid, at least 2 hours.

MAKES 6 SERVINGS

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