



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

Green Plan [SmartPoints](#)® value 4*

Blue Plan (Freestyle™) [SmartPoints](#)® value 4*

Purple Plan [SmartPoints](#)® value 4*

Prep: 10 minutes

Freeze: 2 hours



Tagged: [Dessert Recipes](#), [Vegetarian Recipes](#), [Four or More Servings](#)

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

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **[SmartPoints](#)® values*** of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **[SmartPoints](#)® values** for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **[SmartPoints](#)®** trademark.