



## Piña Colada Fro-Yo Bark



1/6 of recipe: 90 calories, 2g total fat (1.5g sat. fat), 55mg sodium, 18.5g carbs, 0.5g fiber, 8g sugars, 6g 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 cup light whipped topping (thawed from frozen)  
1/4 cup natural no-calorie sweetener that measures like sugar  
1 1/2 tsp. coconut extract  
1 dash salt  
1/2 cup pineapple tidbits packed in juice, thoroughly drained and roughly chopped  
1 1/2 tbsp. sweetened shredded coconut

### Directions

Line a 10" X 15" baking sheet with parchment paper, or spray it with nonstick spray. (If it won't fit in your freezer, use an 8" X 8" baking pan instead.)

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

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

Top with pineapple and coconut, and lightly press to adhere.

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

Slice or break into 6 pieces.

#### MAKES 6 SERVINGS

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