



Red, White & Blueberry Fro-Yo Bark



1/6th of recipe: 84 calories, 1.5g total fat (1.5g sat fat), 27mg sodium, 11.5g carbs, 0.5g fiber, 7.5g sugars, 6g protein

Green Plan [SmartPoints](#)® value 3*

Blue Plan (Freestyle™) [SmartPoints](#)® value 2*

Purple Plan [SmartPoints](#)® value 2*

Prep: 10 minutes

Freeze: 2 hours



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

Ingredients

- 1 1/2 cups fat-free plain Greek yogurt
- 1 cup natural light whipped topping (like the kinds by [So Delicious](#) and [Truwhip](#))
- 1 1/2 tbsp. lemon juice
- 4 packets no-calorie sweetener (like Truvia)
- 1 tsp. lemon zest
- 1 tsp. vanilla extract
- 1/2 cup blueberries
- 1/2 cup sliced strawberries

Directions

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

In a medium-large bowl, combine all ingredients *except* berries. Mix until smooth and uniform.

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

Top with berries, and lightly press to adhere.

Lightly cover with foil and freeze until firm, at least 2 hours.

Slice or break into 6 pieces.

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.