



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

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Prep: 10 minutes
Freeze: 2 hours



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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

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