



Strawberry Lemonade Fro-Yo Bark



1/6 of recipe: 80 calories, 1.5g total fat (1g sat. fat), 35mg sodium, 9g carbs, 0.5g fiber, 6.5g 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 packet [sugar-free lemonade powdered drink mix](#)
- 1 tsp. lemon zest, or more for topping
- 1 tsp. vanilla extract
- 1 cup chopped strawberries

Directions

Line a [baking sheet](#) (or an 8" X 8" baking pan if your freezer is small) with [parchment paper](#), or spray with nonstick spray.

In a large bowl, combine all ingredients except strawberries. Mix until completely uniform.

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

Top with strawberries, and lightly press to adhere.

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

Slice or break into pieces.

MAKES 6 SERVINGS

This no-cook recipe is a snap to make... [See how it's done!](#)

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