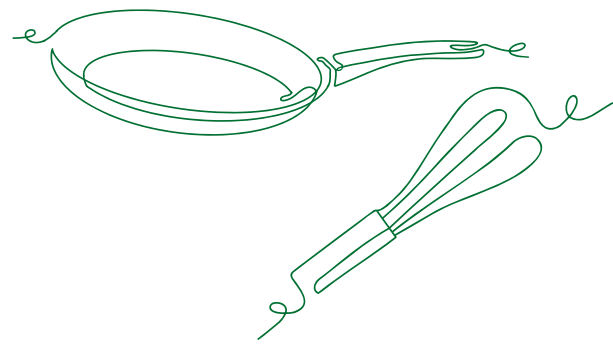


Coconut Yoghurt Bark



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This is a great recipe for anyone that loves a sweet snack or a low effort after-dinner sweet! You can use whatever yoghurt you like, and experiment with toppings too. Think about adding different textures when you choose your toppings.



Ingredients

200g coconut yoghurt (or yoghurt of choice)

~ suggested toppings

1 tbsp of peanut butter (opt for a runny one if possible) or a small handful of chopped nuts

1 tbsp of goji berries or dried fruit

2 tsp of chia seeds

1 tsp of maple syrup

1 sliced banana or a large handful of berries

~ other ideas

melted chocolate, chocolate chips, chopped dried fruit, orange zest.

In a bowl mix the maple syrup into the yoghurt. Line a small baking tray with parchment paper. Spread the yoghurt until it is around ½ cm thick. Slice the banana and place on top of the yoghurt, then add the other toppings.

Place in the freezer for a minimum of 2 hours.

Once the yoghurt is totally frozen, you can remove and break into smaller pieces then place in a container to store in the freezer.

Serves 8

Prep time 5 minutes,
ready in 2 hours