



Greek Yogurt Breakfast Bark

Makes: 3 servings

Recommended serving size: 1/3 of bark

Ingredients:

2 cups Greek yogurt, vanilla

1 cup whole grain cereal, such as Kashi GO LEAN crunch

½ cup blueberries

½ cup strawberries, sliced

Directions:

1. Line a small baking sheet with parchment paper.
2. Spread Greek yogurt on baking sheet into a thin layer. Top with cereal, blueberries and strawberries.
3. Cover with a piece of aluminum foil and place in freezer overnight.
4. Slice into squares and enjoy!

Nutrition information per serving: 220 calories, 32 grams carbohydrates, 19 grams protein, 1 gram fat, 11 grams fiber, 112mg sodium