



Frozen Yogurt and Berry Bark

INGREDIENTS

2 cups low fat yogurt any flavor (I love key lime)

1 cup of any type of berries (I used blueberries, raspberries and diced strawberries)

DIRECTIONS

Line a baking sheet with wax paper. Spread the yogurt onto baking sheet and in an even thickness; about 1/4 inch. Top with berries. Freeze for 2 to 3 hours, or until firm. Break into pieces and serve.

Keeps in the freezer for weeks in a ziplock baggie. Entire recipe is 400 calories.