



# Ashley's Meal Prep Monday!



## Frozen Yogurt Bark

### INGREDIENTS

1 1/2 - 2 cups yogurt of your choosing. I used Nancy's Oatmilk yogurt.

2-3 TBSP maple syrup  
small handful of blueberries and/or strawberries. (I also used raspberries)

Sprinkle of granola and coconut shreds

Feel free to use whatever other fruit or add ins you want!



Line a small baking sheet with parchment paper and set aside. Mix yogurt and syrup in a bowl until combined. Pour onto prepared baking sheet and spread into a thin layer. Top with granola, berries, and whatever other add-ins you can think of.

Cover the sheet with foil and place in the freezer for at least 2 hours, or overnight, until the bark is fully frozen. Slice into desired square and serve immediately. Keep stored in the freezer.

**CARTWRIGHT'S**  
**MARKET**