

SERVES 12

Sugar-Free Chocolate Yogurt Bark

(Low Sugar, Low Carb, Diabetes Friendly, Gluten-Free)

Isabellemckenzie.com | total time: 3 hours



INGREDIENTS

1 cup unsweetened Greek yogurt

5 drops of liquid stevia, to taste

1 1/2 tbsp unsweetened cocoa powder

1 tsp pure vanilla extract

Optional toppings: Chopped pecans, Lily's chocolate chips, raspberry and/or flake salt

INSTRUCTIONS

1. Prepare a piece of parchment paper on a cookie sheet. Combine yogurt, stevia, cocoa powder, and vanilla extract. Spread the yogurt mix over the parchment paper-covered tray.
2. Sprinkle with optional toppings, if using, and place in the freezer overnight or at least 3 hours.
3. Break or slice into bite-size pieces and store the bark in a freezer baggie or enjoy it!

If you give this recipe a go, don't forget to tag me on Instagram @itsisabelle and using hashtag #cookingwithisabelle

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