



## blueberry pistachio frozen yogurt bark

Got the munchies? This healthy snack of frozen Greek yogurt with blueberries and pistachios will curb your hunger.

SERVES: 6-8



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## ingredients

- 2 cups plain Greek yogurt
- 2 tbsp honey
- 1 tbsp lemon zest
- 1 cup blueberries, divided
- 1/2 cup shelled pistachios, divided

## directions

1. Line a 9x9 baking pan with parchment paper or aluminum foil.
2. In a medium bowl, combine yogurt, honey and lemon zest. Stir in 1/2 cup blueberries and 1/4 cup pistachios. Spread in baking pan. Top with remaining 1/2 cup blueberries and 1/4 cup pistachios.
3. Place in freezer for 5-6 hours, until completely frozen. Remove from freezer and use a sharp knife to break bark into small pieces. Place in resealable plastic bag and keep in freezer.

