

Coconut Yoghurt Bark

This is a great recipe for anyone that loves a sweet snack or a low effort after-dinner sweet! You can use whatever yoghurt you like, and experiment with toppings too.

Think about adding different textures when you choose your toppings.

Serves 8

Prep time 5 minutes, ready in 2 hours

Ingredients

200g coconut yoghurt (or yoghurt of choice)

Suggested toppings

1 tbsp of peanut butter (opt for a runny one if possible) or a small handful of chopped nuts

1 tbsp of goji berries or dried fruit

2 tsp of chia seeds

1 tsp of maple syrup

1 sliced banana or a large handful of berries

Other ideas ~ melted chocolate, chocolate chips, chopped dried fruit, orange zest.

In a bowl mix the maple syrup into the yoghurt.

Line a small baking tray with parchment paper. Spread the yoghurt until it is around ½ cm thick.

Slice the banana and place on top of the yoghurt, then add the other toppings.

Place in the freezer for a minimum of 2 hours.

Once the yoghurt is totally frozen, you can remove and break into smaller pieces then place in a container to store in the freezer.

