

Pomegranate Yogurt Bark

3 ingredients · 2 hours · 9 servings



Directions

1. Line a baking sheet with parchment paper, wax paper or a silicone mat.
2. Spread the yogurt evenly onto the lined baking sheet, about 1/4-inch thick. Sprinkle the pomegranate and pumpkin seeds overtop.
3. Place in the freezer until very firm, about 2 hours. Slice or break apart into pieces.

Notes

Leftovers

Keep frozen in an airtight container or freezer bag for up to two months. Line with parchment paper between the pieces if needed.

Serving Size

Each serving equals approximately one 3 x 2.5" piece.

Dairy-Free

Use coconut yogurt instead.

More Flavour

Add vanilla extract.

Additional Toppings

Add in strawberry slices, blueberries, crushed pistachios, sliced almonds, hemp seeds, shredded coconut or 70% chocolate chips.

Ingredients

- 1 cup Plain Greek Yogurt
- 1/3 cup Pomegranate Seeds
- 1 tbsp Pumpkin Seeds