


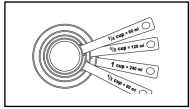
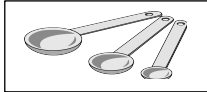

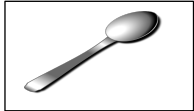
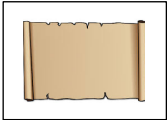

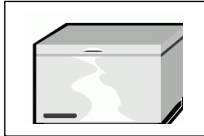




Frozen Yogurt Fruit Bark

Makes: 1 serving

Ingredients:	
1/4 cup 2% plain yogurt	
1/4 tsp maple syrup	
2 Tbsp fruit of choice	

Supplies:	
Measuring cup	
Tablespoon and Teaspoon	
Bowl	
Spoon	
Parchment paper	
Baking Sheet	
Freezer	

Steps:

1. Measure the yogurt and maple syrup, add to bowl and mix.
2. Pour the yogurt on the parchment paper and spread it out a little.
3. Measure and sprinkle on the fruit.
4. Freeze for 3-4 hours.
5. Enjoy!