

Berry Yogurt Bark

Ingredients:

- 32 oz. fat free Vanilla Greek yogurt
- 1 pint raspberries
- 1 pint blueberries
- 1 cup strawberries, sliced
- Parchment paper

Directions:

1. Line a 9×13-inch baking dish with parchment paper.
2. Pour and spread the yogurt into the base of the lined baking dish.
3. Sprinkle the different berries and gently press into the yogurt.
4. Freeze for at least 2 hours or until completely frozen.
5. Use a knife to make the first “break” and then you can break with your hands. Break into serving size pieces and serve cold.

Nutrition Facts

Servings: 8

Amount per serving

Calories **143**

% Daily Value*

Total Fat 0.4g **1%**

Saturated Fat 0g **0%**

Cholesterol 5mg **2%**

Sodium 36mg **2%**

Total Carbohydrate 26g **9%**

Dietary Fiber 3.8g **14%**

Total Sugars 19.8g

Protein 9.4g

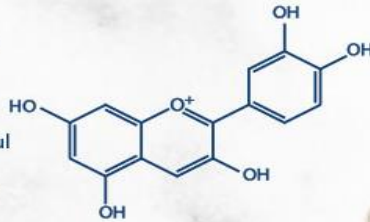
Grab a Bunch of Bluetiful

Eating well isn't easy — but fresh and frozen blueberries offer one easy, delicious and nutritious choice. These hard-working little berries contain fiber and vitamins and minerals.

Just grab a handful, rinse and enjoy!

Boost your daily recommended servings of fruit.

Blueberries contain phytonutrients called polyphenols. This group includes anthocyanins (163.3 mg/100 g), plant compounds that give blueberries their beautiful blue color. Research shows that polyphenols may help lessen the inflammatory process.^{1,2,3}



Get 4 essential nutrients.

- 1 Fiber**
Heart health, feeling full, staying regular, keeping cholesterol in check
- 2 Vitamin C**
A healthy immune system, capillaries and gums
- 3 Vitamin K**
Bone metabolism, regulating blood clotting and blood calcium levels
- 4 Manganese**
Converting proteins, carbs and fats into energy, bone development

1 Serving
80 Calories

Know we're always learning more.

Blueberries may promote good health in additional ways. **Areas of research:**



Cardiovascular Health



Brain Health



Exercise



Insulin Response



Gut Health

Eat fresh or frozen blueberries with all your favorite foods.

Snack on a handful or add to: **Pancakes, waffles, breads, muffins and bagels • Smoothies and shakes • Sandwiches, spreads and salads • Oatmeal, cereal and yogurt**