

Strawberry Bark



Craving a little treat? This recipe is perfect to make in advance and keep in the freezer for when you or your kids want a refreshing, chocolatey snack! It's easy to prepare and customize to your taste!

Preparation 15 min

Cooking 0 min

Waiting 120 min

Servings 8

Nutrition Facts (per serving)

Calories 180

Fat 11

Carbohydrates 16

Fibre 3

Protein 6

Sodium 50

Ingredients

- 1 container (454 g) of fresh strawberries, sliced
- 1 cup (250 ml) 0% plain Greek yogurt
- ¼ cup (60 ml) natural peanut butter
- ¾ cup (180 ml) dark chocolate chips

Preparation

1. Line a baking sheet with parchment paper and spread the strawberries evenly to form a rectangle.
2. In a bowl, mix the yogurt, peanut butter, and vanilla until smooth. Spread the mixture over the strawberries in an even, thin layer and place in the freezer.
3. In a microwave-safe bowl (or using a double boiler), melt the chocolate, being careful not to burn it. Remove the tray from the freezer and spread the chocolate in a thin layer over the yogurt quickly before it hardens. Return to the freezer for at least 2 hours before breaking into pieces and consuming. Store leftovers in an airtight container in the freezer.

Notes

Keeps for 14 days in an airtight container in the freezer.

For a FODMAP-friendly version, use lactose-free Greek yogurt.



Elsa Rochette – Nutritionniste Diététiste à Québec | Responsable des services corporatifs et communautaires et créatrice culinaire

Registered Dietitian Nutritionist in Quebec City