



RASPBERRY & PISTACHIO FROZEN YOGHURT BARK

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

Serves 8-12

400g plain Greek yoghurt
3 tablespoons maple syrup or honey
2 tablespoons ground almonds
1 teaspoon vanilla extract
100g fresh raspberries, mashed with a fork
Large handful chopped pistachios

METHOD

- Line a rimmed baking sheet or brownie tin with parchment paper.
- In a medium bowl combine yoghurt, maple syrup (or honey) ground almonds and vanilla.
- Spread on the prepared baking sheet.
- Dot the mashed raspberries all over the surface and swirl with a fork.
- Sprinkle with the pistachios.
- Freeze until very firm, at least 3 hours.
- To serve, cut or break into bitesize pieces.

- Let stand at room temperature for 15 minutes before serving.

PREP TIME

Prep time: 10mins

Freeze time: 3hours

For more recipes visit www.thehealthboost.co.uk