THE LIGHTER PLATE METHOD

Frozen Yoghurt & Granola Breakfast Bark

Snap-off shards of frozen yoghurt studded with berries and crunchy granola.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
15 min	**0 min**	**15 min**	**4**	**EASY**

Ingredients

- 400 g natural yoghurt
- 150 g frozen raspberries
- 60 g granola
- 2 tbsp honey
- 20 g pumpkin seeds
- 20 g dark chocolate (chopped)

Method

1. Line a baking tray with baking paper.
2. Stir the honey through the yoghurt, then spread it over the tray in an even layer about 1cm thick.
3. Scatter over the frozen raspberries, granola, pumpkin seeds and chocolate, pressing them lightly into the surface.
4. Freeze for at least 3 hours, until solid.
5. Lift out using the paper and snap into shards. Eat within a minute or two of taking it out.

Tips & swaps

- Keep the shards in a freezer bag or box; they will stick together if stacked loose. Thick Greek-style yoghurt gives a firmer, less icy bark.

Storage & reheating

Keeps frozen for up to 1 month; eat straight from the freezer.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
180	**7g**	**22g**	**7g**	**3g**

Estimated values, for guidance only. Contains: Milk, Oats (gluten).