**** **Frozen Yogurt Fruit Bark** Ingredients:  
3 cup plain yogurt (1 container)

3 tsp maple syrup

1 ½ cups chosen fruit

Method:

1. Wash fruit if it is fresh.
2. Place parchment paper or silicone sheet on in cake pan/use papers in muffin tins.
3. Mix yogurt and maple syrup in bowl.
4. Pour the mixture out onto whatever pan you are using. Allow to spread out to cover pan.
5. Sprinkle the fruit over top.
6. Freeze for 3-4 hours.
7. Break into pieces and enjoy, or store in container in freezer.