

Keeling's
LOVE TO
GROW

THE GREAT
REWILDING



Frozen Berry Bark



How to Make

Frozen Berry Bark

INGREDIENTS

- 500g plain Greek yoghurt
- 2-3 tablespoons of maple syrup or honey
- 1 teaspoon of vanilla extract
- 2-3 strawberries, sliced and a handful of blueberries and raspberries

DIRECTIONS

1. Line a baking tray approximately 25x35cm with raised edges with clingfilm or parchment paper, set aside.
2. In a medium-sized bowl or jug mix together yoghurt with maple syrup or honey and vanilla.
3. Pour into lined tray and spread yoghurt evenly with a spatula or the back of a spoon.
4. Arrange berries on top of the yoghurt. You can either arrange them in their own sections or mix them together.
5. Freeze until solid, at least 2-3 hours. Roughly break into pieces and enjoy!

Keep bark in a sealable container or freezer bag in the freezer.