

## THE DIETITIANS NETWORK OF NOVA SCOTIA

### Chocolate Peanut Butter and Banana Frozen Yogurt Bark

Switch up your summer dessert routine with this frozen yogurt bark! It is a great alternative to ice cream, and is safe for most lactose-intolerant individuals.

<b>Recipe Name:</b>	Chocolate Peanut Butter and Banana Frozen Yogurt Bark
<b>Recipe By:</b>	Adapted by Antonia Harvey, RD from Alberta Milk ( <a href="https://albertamilk.com/recipes/chocolate-peanut-butter-banana-frozen-yogurt-bark/">https://albertamilk.com/recipes/chocolate-peanut-butter-banana-frozen-yogurt-bark/</a> )
<b>Short description of recipe:</b>	Turn it into a fun summer activity by including kids in its preparation.
<b>Makes</b>	24 servings
<b>Ingredients:</b>	2 cups full-fat vanilla Greek yogurt 2 tablespoons natural peanut butter ¼ cup cocoa powder 2 tablespoons maple syrup (optional) 2 large bananas, sliced ¼ cup dark chocolate chips
<b>Instructions:</b>	<ol style="list-style-type: none"><li>1. Line a 9 x 13 inch baking sheet with parchment paper.</li><li>2. In a medium bowl, stir together the Greek yogurt, peanut butter, cocoa powder, and maple syrup (if using) until smooth.</li><li>3. Gently fold half of the banana slices into the yogurt mixture.</li><li>4. Spread the yogurt mixture evenly over the baking sheet until it is about ¼ inch thick. Sprinkle with the remaining banana slices and chocolate chips. Cover with plastic wrap and freeze overnight.</li><li>5. Slice frozen yogurt bark into medium-sized squares with a sharp knife. Store in an airtight container in the freezer.</li></ol>