

Pomegranate Yogurt Bark

3 ingredients · 2 hours · 9 servings



Directions

1. Line a baking sheet with parchment paper, wax paper or a silicone mat.
2. Spread the yogurt evenly onto the lined baking sheet, about 1/4-inch thick. Sprinkle the pomegranate and pumpkin seeds ovetop.
3. Place in the freezer until very firm, about 2 hours. Slice or break apart into pieces.

Ingredients

- 1 cup Plain Greek Yogurt
- 1/3 cup Pomegranate Seeds
- 1 tbsp Pumpkin Seeds

Nutrition

Amount per serving

Calories	29	Calcium	57mg
Fat	1g	Iron	0mg
Saturated	0g	Vitamin D	11IU
Trans	0g	Vitamin E	0mg
Polyunsaturated	0g	Thiamine	0mg
Monounsaturated	0g	Riboflavin	0mg
Carbs	2g	Niacin	0mg
Fiber	0g	Vitamin B6	0mg
Sugar	1g	Folate	0µg
Protein	3g	Vitamin B12	0µg
Cholesterol	4mg	Phosphorous	0mg
Sodium	16mg	Magnesium	0mg
Potassium	12mg	Zinc	0mg
Vitamin A	139IU	Selenium	0µg
Vitamin C	2mg		