

## Frozen Berry Greek Yogurt Bars

You will need the following to whip together these frozen treats:

Vanilla Greek yogurt

Fresh frozen mixed berries (the no sugar added kind...just grab your favorite bag from the frozen food aisle at your grocery store)

Honey

(I'm leaving out amounts because there's really no need to measure for this recipe. But if working with numbers makes you feel more comfortable, I'd say to start with a couple cups of yogurt and a couple cups of frozen berries. And you'll only need one or two tablespoons of honey.)

1. Put the frozen mixed berries in a blender. Blend until the berries are smooth like a smoothie, adding water as needed to thin it out.
2. Squirt in a little honey and blend it in. If you like sweet, add more honey. If you don't have a sweet tooth, feel free to leave out the honey completely. Set aside the berry smoothie mixture.
3. Next, grab a baking sheet and line it with wax paper or parchment paper.
4. Spread Greek yogurt over the parchment or wax paper. Try to keep it pretty thin, less than a 1/4 inch. But no need to get out a ruler, just spread the yogurt out until it looks thin enough for you.
5. Then take the berry smoothie mixture and drizzle it over the yogurt, adding as much or as little as you'd like. Swirl the berry mixture into the yogurt with a spoon.
6. Pop that tray in the freezer and let it go until it's frozen. After it's frozen, just break it up into pieces and serve!