

# Cheesecake Bark

RECIPE MAKES: 8 SERVINGS

## INGREDIENTS

- 6 oz. low fat cream cheese, softened
- 2 ½ cups plain Greek yogurt
- ¼ cup honey
- 1 tsp pure vanilla extract
- ½ cup raspberries
- 1/3 cup strawberries, sliced
- ¼ cup blueberries
- ¼ cup graham crackers, crushed

## NUTRITION INFO

Nutrition Facts	
servings per container	
Serving size	3.5 ounce slice (99g)
Amount per serving	
<b>Calories</b>	<b>130</b>
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 120mg	5%
Total Carbohydrate 18g	7%
Dietary Fiber 1g	4%
Total Sugars 12g	
Includes 9g Added Sugars	18%
<b>Protein 6g</b>	
Vitamin D 0mcg	0%
Calcium 81mg	6%
Iron 0mg	0%
Potassium 54mg	2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## PREPARATION

1. Line a baking sheet with parchment paper.
2. In a large bowl using a hand mixer, beat cream cheese until fluffy.
3. Add in yogurt, honey, and vanilla and beat until smooth.
4. Pour mixture onto lined baking sheet and smooth to ½" thick.
5. Top with fruit and crushed graham crackers.
6. Place into freezer until hardened, about 4-6 hours.
7. Cut into 8 square pieces, 3.5 ounces each.



Healthy Options