

4TH OF JULY YOGURT NOURISH BARK

Ingredients

- ❤️ Measure these ingredients with your heart
- Plain fat-free Greek yogurt or vanilla Greek yogurt
- strawberries
- blueberries
- Granola and/or nuts for crunch
- **Optional Add-In's:** Add any seeds or nut butter for extra nutrients (e.g., hemp seeds, flax seeds, peanut, or almond butter) Add a little honey if you need extra sweetener

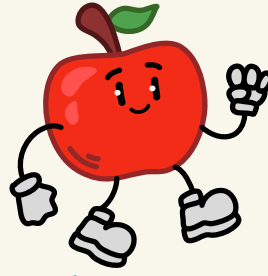


IMAGE BY PAM VANKAMPEN

This recipe offers many options so you can take plenty of fun NOURISH steps



PREP TIME
2 MIN



COOK TIME
10 MIN



SERVINGS
10 SERVINGS

Instructions

1. Grab a cookie sheet and line with parchment paper
2. Add the Greek yogurt to the cookie sheet and spread it out to create a thin layer
3. Add blueberries and chopped strawberries on top of the yogurt and spread them out (for a fun idea you can create an American flag yogurt bark)
4. Add the granola and/or nuts spread out on top of the yogurt as well
5. At this point you can add any other toppings of your choice and make it your own!
6. Freeze for at least 4 hours before serving

Notes:

- Storage: Store in an airtight container in the freezer up to 5 days. Before eating let the bark defrost for 2 minutes

Greek Yogurt



NUTRIENT-RICH FOODS

- GREEK YOGURT IS PACKED WITH ESSENTIAL NUTRIENTS SUCH AS VITAMIN B12, VITAMIN B2, AND CALCIUM, WHICH ARE IMPORTANT FOR BONE HEALTH, IMMUNE FUNCTION, AND PROPER METABOLIC REACTIONS



OMEGA-3S & HEALTHY FAT

- FAT-FREE GREEK YOGURT DOES NOT HAVE MUCH FATS ITSELF BUT YOU CAN ADD FATS TO IT. YOU CAN ADD DIFFERENT NUT BUTTERS OR A LITTLE SPRINKLE OF SEEDS- THIS CAN EASILY HELP YOU TO MAKE A NOURISH STEP AND MEET YOUR HEALTHY FAT RECOMMENDATIONS FOR ABSORPTION OF FAT-SOLUBLE VITAMINS



UNDERSTAND HOW FOOD AFFECTS & FUELS US

GREEK YOGURT CONTAINS CALCIUM- IMPORTANT FOR BONE HEALTH, VITAMIN B12-CAN HELP PREVENT COGNITION DECLINE AND ANEMIA. IT IS ALSO PACK WITH PROTEIN TO LEAVE YOU FEELING SATISFIED AND HELP WITH MUSCLE MAINTENANCE



RECIPES & SIMPLE MEAL IDEA

- USE IT IN A PARFAIT, SMOOTHIES, OATMEAL, OR IN A DIP- GREEK YOGURT OFFERS ENDLESS WAYS TO INCORPORATE MORE PROTEIN INTO YOUR DIET



INCREASE PROTEIN & FIBER

- GREEK YOGURT IS HIGH IN PROTEIN AND CAN PAIR VERY WELL WITH FIBER FOODS SUCH AS, SEEDS, SOME GRANOLAS, AND SOME FRUITS SUCH AS APPLES



SUGAR & SODIUM AWARENESS

- GREEK YOGURT IS NATURALLY LOW IN SODIUM-OFFERING A HEART HEALTHY CHOICE. EVEN THOUGH GREEK YOGURT IS NOT SUPER SWEET ITSELF, YOU CAN ADD FRUIT TOPPINGS TO IT TO LIMIT ADDED SUGARS



HYDRATE

- GREEK YOGURT CONTAINS A HIGH CONTENT OF CALCIUM, WHICH IS ALSO AN ELECTROLYTE THAT CAN HELP KEEP YOU HYDRATED THROUGHOUT THE DAY