

Healthy Valentines Bark

Ingredients:

- 3 bananas, sliced thinly
- 1/2 cup creamy peanut butter or almond butter
- 3/4 cup strawberry greek yogurt
- White chocolate chips
- Valentines sprinkles

Directions

1. Line baking sheet with parchment paper. Lay sliced bananas in rows to make a rectangle
2. Melt peanut or almond butter in the microwave for about 30 seconds. Drizzle on top of bananas and spread evenly with a spatula
3. Freeze for at least one hour
4. Spread Strawberry yogurt on top, and add chocolate chips and sprinkles
5. Freeze for 8 hours, AND ENJOY!

If you buy plain greek yogurt you can sweeten with honey and add frozen strawberries and blend! It turns out delish! If you need some liquid to blend, you can add almond or coconut milk.