

Long Livo

Peanut Butter Chocolate Greek Yogurt Bark – 10-Minute Snack

5 min Prep time	**5 min** Cook time	**10 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 cups plain Greek yogurt
- [ ] 1/3 cup natural peanut butter
- [ ] 1/2 cup semi-sweet chocolate chips
- [ ] 1 tsp sea salt
- [ ] 1 tsp lemon zest
- [ ] 1 tbsp honey (optional)

Instructions

1. Line a baking sheet with parchment paper; it prevents sticking and makes breaking easy.
2. In a large bowl, whisk the Greek yogurt until smooth, then swirl in the peanut butter; let ribbons form.
3. Spread the mixture onto the parchment, aiming for an even quarter-inch layer.
4. Scatter chocolate chips over the surface, then sprinkle sea salt and lemon zest.
5. If using, drizzle honey in thin streams for extra shine.
6. Place the tray in the freezer for about ten minutes, until firm.
7. Remove, break into shards, and serve immediately.

Nutrition per serving

210 kcal	13 g	18 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- For a richer chocolate flavor, melt the chips and drizzle on top after freezing.
- A pinch of sea salt brings out the sweetness of both yogurt and chocolate.
- Feel free to add a sprinkle of toasted coconut for extra texture.