



Strawberry-Pistachio Greek Yogurt Bark

Stay ahead of cravings with healthy snacks that satisfy and nourish. This yogurt bark is a treat that feels indulgent but keeps you on track.

Ingredients

- 3 cups whole-milk plain Greek yogurt
- 2 tablespoons honey
- 1 cup sliced strawberries
- ¼ cup chopped pistachios
- 3 tablespoons chocolate cookie crumbs

Preparation (serves 4)

1. Line a rimmed baking sheet with parchment paper or a silicone baking mat. Combine yogurt and honey in a medium bowl; stir to mix well. Spread the mixture evenly on the prepared baking sheet. Scatter strawberries, pistachios and cookie crumbs on top.
2. Freeze until solid, at least 3 hours. To serve, cut or break into 32 pieces

Tip: Freeze airtight between sheets of parchment for up to 3 months.

Nutrition (per serving)

Yield: 4 servings

Calories 565; fat 27g; carbs 47g; protein 36g.



Keep your health goals in 2026!

Call a well-being coach at 888-616-6411 to help you set and stick to your goals this year. For more financial tips, access well-being resources at BeWellSHBP.com/Finance.

Source: eatingwell.com