

# Frozen Yogurt Berry Bark



**Serving Size**  
1 bark piece



**Skill Level**  
Easy



**Diet Type**  
Dialysis

## Ingredients

- 1 cup plain Greek yogurt (unsweetened, low phosphorus)
- 1 tsp honey or sugar-free syrup
- ½ cup chopped strawberries and blueberries
- 4 crushed unsalted pretzels

## Directions

1. Mix yogurt and honey in a bowl.
2. Spread the mixture thinly on a sheet of parchment paper.
3. Sprinkle chopped berries and crushed pretzels on top.
4. Freeze for 3 hours.
5. Break into 4 bark pieces and enjoy!

## Precautions

- ⚠️ Portion control for fruit is key (½ cup total) to avoid potassium buildup.
- ⚠️ Use plain yogurt only. Flavored versions may contain phosphorus additives.

## Nutrition Facts

**Servings: 04**

Amount per serving

**Calories 62**

Sodium	24 mg
Carbohydrates	7 g
Protein	7 g
Potassium	104 mg
Phosphorous	83 mg