

EatingWell

Peppermint-Chocolate Greek Yogurt Bark

★★★★★

This eye-catching frozen peppermint-chocolate bark was inspired by Williams Sonoma's Original Peppermint Bark--our loose interpretation of the treat is frozen and made with Greek yogurt, chocolate and crushed candy canes. For the creamiest bark, be sure to use full-fat yogurt, as fat-free yogurt can get icy when frozen. Serve this healthy dessert when you want all those festive holiday flavors in a lightened-up--and totally delicious--package. Just don't stuff your Christmas stockings with this bark because it melts quickly.

Adam Hickman

Active: 25 mins**Total:** 2 hrs 25 mins**Servings:** 10

Ingredients

12 ounces semisweet chocolate, chopped

2 cups whole-milk plain Greek yogurt

Directions

Step 1

Line a rimmed baking sheet with parchment paper.

Step 2

½ teaspoon vanilla
extract

¼ cup mini semisweet
chocolate chips

6 candy canes (about 3
ounces), crushed into
small pieces

½ teaspoon coarse sea
salt

Place chopped chocolate in a double boiler over simmering water; heat, stirring often, until melted. (To improvise a double boiler: Bring 1 inch of water to a simmer in a medium saucepan over medium heat. Place chocolate in a medium heatproof bowl that sits above the simmering water.) Pour the melted chocolate onto the parchment-lined pan, spreading it into an even layer about 1/8 inch thick. Refrigerate until the chocolate just begins to set, about 10 minutes.

Step 3

Meanwhile, combine yogurt and vanilla in a small bowl. Drizzle the yogurt mixture over the chocolate, and then lightly spread it in an even layer over the chocolate. Sprinkle with mini chocolate chips, candy cane pieces and salt. Freeze until the yogurt is completely set, about 2 hours. Break into 20 pieces; serve frozen.

Tips

To make ahead: Freeze airtight between sheets of parchment paper for up to 2 weeks.

Nutrition Facts

Serving Size: 2 pieces **Per Serving:** 258 calories; protein 6.2g; carbohydrates 35g; dietary fiber 2.3g; sugars 29.5g; fat 14.1g; saturated fat 8g; cholesterol 6.6mg; vitamin a iu 7.6IU; folate 7.5mcg; calcium 63.2mg; iron 1.2mg; magnesium 49.7mg; potassium 212mg; sodium 118mg; added sugar 24g. **Exchanges:**

2 fat, 1 1/2 other carbohydrate, 1/2 high-fat dairy

