GLOBAL · DESSERT · SNACK

Lemon Pineapple Frozen Yoghurt Bark

10 min · plus 4 hours freezing | Makes 4 × 3 pieces | 108 kcal a portion | Video 9:34 · Toasty Apron

Vegetarian | Gluten-free ingredients

Mostly Greek yoghurt and fresh fruit: about 5 g of protein and only about 6 g of added sugar (from the honey) a serve, plus a little vitamin C from the kiwi, pineapple and lemon.

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Ingredients 10 · MAKES 4 × 3 PIECES

- [ ] 200 g **plain Greek yoghurt** (a higher-fat one freezes creamier)
- [ ] 1½ tbsp (31 g) **honey**
- [ ] ½ tsp **vanilla extract**
- [ ] 2 tsp (4 g) finely grated **lemon zest**
- [ ] 2 tsp (10 ml) **lemon juice**
- [ ] 41 g sliced **fresh pineapple**
- [ ] 2 tbsp (22 g) sliced **kiwi fruit**
- [ ] 2 tbsp (18 g) **fresh blueberries**
- [ ] 1 tbsp (10 g) sliced or **crushed almonds**
- [ ] 1 tbsp (5 g) **coconut flakes**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Milk, Tree nuts, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Grate about 2 tsp of zest from the lemon, then squeeze 2 tsp of juice. 6:33
2. Stir the yoghurt, honey, lemon juice, most of the zest and the vanilla together in a bowl until smooth. 6:41
3. Line a baking sheet with baking paper right up to the edges and spread the yoghurt over it in an even layer (a thicker layer melts more slowly). 6:53
4. Scatter the pineapple, kiwi, blueberries, almonds, coconut flakes and the last of the zest over the top. 6:58
5. Freeze for at least 4 hours, until hard, then break or cut into 12 pieces. Eat straight from the freezer, as it softens quickly. 7:15

> **Tip** The cook breaks it into 12 pieces; we count 3 a serve. Keeps up to 3 months in an airtight container in the freezer. For a dairy-free version use coconut yoghurt and maple syrup.

The method is a summary in our words — the video shows every step.

One portion (3 pieces) gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
108 kcal	**5.3** g	**12** g	**1.1** g	**4.6** g	**20** mg
450 kJ	11% of a day	11 g net · 10 g sugars	4% of a day	2.6 g saturated	1% of a day
		4% of a day		6% of a day	

Energy from net carbs 41% · protein 20% · fat 39%

Source of (10–19%) Vitamin B12 16% · Vitamin C 14% · Selenium 10%

Recipe and video: Toasty Apron (@toastyapron) on YouTube — youtube.com/watch?v=BJS3KNqw7ys, published 10 January 2025. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/lemon-pineapple-yoghurt-bark