

Rainbow Yoghurt Bark



Make an edible masterpiece with our Rainbow Yoghurt Bark, just grab a spoon and let them swirl until their heart's content! Top with fresh fruit and sprinkles for that final finishing touch. Remember to make ahead of time as this recipe requires 3 hours in the freezer.

Serves: 6

Difficulty: Easy

Prep Time: 15 minutes | Freeze Time: 3 hours +

Ingredients:

600g fat free greek yoghurt

[1 tsp Nesquik Banana Milkshake Powder](#)

[1 tsp Nesquik Strawberry Milkshake Powder](#)

[1 tsp Nesquik Chocolate Milkshake Powder](#)

100g raspberries, halved

100g strawberries, quartered

100g mango, chopped into small pieces

20g chocolate Sprinkles

You will also need:

A medium baking tray, lined with non-stick baking paper

Method:

1. Divide the yoghurt evenly into three bowls.
2. Add the Nesquik powder to each bowl so you have three different flavours and stir well until smooth.
3. Using a spoon, blob the mixtures in a random order onto the tray. Using the back of a spoon, swirl the different colours together to create a magical marble effect.
4. Scatter the fruits evenly over the top and finish with chocolate sprinkles.

5. Place in the freezer for 3 hours or until fully frozen. Carefully break into shards before serving. Enjoy!

Each piece (1/6th) typically contains:

| Energy | Fat | Saturates | Sugars | Salt |
|--------------------|-------|-----------|--------|--------|
| 442 kJ 104 kcal | 0.2 g | 0.1 g | 12.5 g | 0.11 g |
| 5% | 0% | 1% | 14% | 2% |

of an adults Reference Intake (RI)*

Energy per 100g: 281 kJ / 66 kcal