

Low FODMAP Christmas Yoghurt Bark

Serves: 5

Prep: 10 minutes

Cook: 90 minutes



Stack Cup

Ingredients	Metric	Imperial
2 cups plain lactose free yoghurt	520 g	18.3 oz
1/2 cup chopped strawberries	90 g	3.1 oz
2 tbsp pumpkin seeds	23 g	0.8 oz
Dark chocolate, shaved or grated	30 g	1.1 oz

Method

1. Prepare a baking tray by lining it with baking paper.
2. Spread the yoghurt out with a spoon or spatula evenly into the baking paper until you get the desired thickness that you want your bark. Sprinkle with strawberries, chocolate and pumpkin seeds.
3. Place in the freezer - this will vary depending on how thick your yoghurt base is (may take anywhere between 90 minutes or you may prefer to do it overnight).
4. Once frozen, chop and break up into different sizes. Store into an airtight container for up to one week.

Hints

For those who have a sweet tooth, choose a flavoured lactose-free yoghurt as the base! For different toppings, remember that lots of foods that contain FODMAPs can be eaten safely at small serve sizes. Some of our other favourite low FODMAP flavour combinations include:

- Kiwifruit, shredded coconut and goji berries (check the app for serve sizes)
- Our maple granola & strawberries
- Peanut butter, maple syrup and dark chocolate

Nutrition Information (per serve)	
Energy	647 Kj / 155 cal
Protein	6.60g
Carbohydrates	13.40g
Sugar	11.80g
Total Fat	7.90g
Saturated Fat	4.00g
Fibre	0.80g