

Helergon Kitchen

Peanut Butter Chocolate Greek Yogurt Bark

10 min Prep time	**10 min** Total time	**8** Servings
Easy Difficulty	**American** Cuisine	**Dessert** Course

Ingredients

Main Ingredients

- [ ] 2 cups plain Greek yogurt
- [ ] 1/3 cup natural peanut butter
- [ ] 1/4 cup honey
- [ ] 1/3 cup dark chocolate chips
- [ ] 1 tsp lemon zest
- [ ] Pinch of flaky sea salt

Optional Toppings

- [ ] Chopped toasted almonds
- [ ] Shredded coconut
- [ ] Extra drizzle of melted chocolate

Instructions

1. Line a baking sheet with parchment paper; spread the Greek yogurt into an even ¼-inch layer, smoothing the surface with the back of a spoon.
2. Warm the chocolate chips gently in the microwave (15-second bursts), then drizzle them over the yogurt in a random pattern.
3. Drop spoonfuls of peanut butter onto the yogurt and use a butter knife to swirl it through, creating ribbon-like streaks.
4. Sprinkle honey, lemon zest, sea salt, and any optional toppings. Place the sheet in the freezer for 5-7 minutes until firm.
5. Break the bark into shards and enjoy immediately, or store in a sealed bag in the freezer for later.

Nutrition per serving

210 kcal	12 g	18 g	11 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the yogurt separates, give it a quick stir before spreading.
- For a sweeter bark, increase honey by a tablespoon.
- Use a silicone spatula for easy transfer to the sheet.