

RED, WHITE, & BLUE BARK



INGREDIENTS:

- 1 scoop Red Velvet GLAM PRO
- 1/2 cup plain nonfat Greek yogurt
- 1/4 tsp vanilla extract
- 1 tbsp stevia or monkfruit granulated sweetener
- 1/4 tsp cinnamon

TOPPINGS:

- 1 tbsp dark chocolate chips
- 2 tbsp any or mix of: chopped nuts, seeds, granola, unsweetened shredded coconut
- 2 tbsp blueberries and/or raspberries

DIRECTIONS:

- 1) Mix all ingredients together in a bowl, except for toppings.
- 2) Spread mixture about 1/4 inch thick over parchment paper on a flat plate or cutting board.
- 3) Sprinkle toppings on top.
- 4) Set flat in the freezer for at least 4 hours. (Overnight is best!)

Enjoy!

Makes 2 Serving

Calories: 141 | Protein: 14 g | Carbs: 8 g | Fat: 6 g | Fiber: 2 g