



## FROZEN COCONUT YOGURT BARK W/ BERRIES, WALNUTS AND COCONUT RIBBONS

### INGREDIENTS

680 g (approx. 3 cups) – coconut yogurt  
(or other preferred plant-based)

Six (6) dates – pitted Medjool dates (soaked)

\*See Tip #1

½ cup (120 ml) – raw org coconut oil

1 tsp (5 ml) – pure vanilla extract

½ tsp (2 g) – salt

*Toppings:*

10-12 fresh strawberries (or frozen) – slice or chop

½ cup (50 g) – fresh (or frozen) blackberries  
(or blueberries)

½ cup (65 g) – fresh raspberries (or frozen)

¼ cup (20 g) – org coconut ribbons

½ cup (65 g) – walnuts (pistachios, pecans or preferred nuts) (optional)

**PREP TIME: 5 MIN**

**COOKING TIME: 5 MIN**

**TOTAL TIME: 10 MIN.+ 6 HOURS  
(MINIMUM) REFRIGERATION**

**SERVES: 6-8**

**VEGAN**

**GLUTEN-FREE**

**NO ADDED SUGARS**

**SOY-FREE**

### DIRECTIONS

*Tip #1 Quick soak - place dates to a glass bowl and cover with approx—500 ml of boiled water. Leave to soak for up to 30 min.*

*Overnight soak - place dates in a glass jar and cover with filtered water, place lid on and refrigerate overnight.*

Step 1

In a large medium bowl, add coconut yogurt, coconut oil, finely chopped soaked dates, salt and vanilla. Mix to incorporate

Step 2

Place a large sheet of parchment paper (to cover all sides) to a baking tray. Spread the yogurt mix to cover all surfaces - ½ inch tall (max).

Step 3

Spread the topping ingredients evenly on top of the yogurt mix adding the coconut ribbons and walnuts lastly.

Step 4

Freeze for a minimum of 4 hours (max 6) or overnight (Recommended).

*When ready to serve, break or cut bark as desired, and store in the freezer in a glass container, or plastic bags.*

*Enjoy cold!*

*Keep leftovers frozen until ready to serve.*