



**From the Kitchen
of
Executive Chef
Jessica VanRoo**

Easy Frozen Kefir Bark

Ingredients

- 2 ½ cups plain kefir
- 3- 4 tablespoons honey, maple, or date syrup
- 1 cup fresh or frozen fruit, cut into bite-size pieces
- ½ cup chopped nuts, dried fruit, homemade granola, coconut, etc.

Instructions

1. Line a baking sheet with parchment paper.
2. Whisk together the kefir and sweetener. Pour onto the prepared sheet pan, and spread over the pan
3. Layer the fruit and nuts over the kefir, then freeze for at least 2 hours.
4. Remove the frozen bark from the freezer break it into pieces, and enjoy or refreeze!