



# Yogurt Cheesecake Barks



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## Introduction

Yogurt cheesecake barks are a delightful and refreshing dessert that combines the creamy texture of cheesecake with the tangy flavor of yogurt. This no-bake treat is perfect for warm days or whenever you're craving something sweet yet light. With a few simple ingredients, you can create a delicious dessert that's not only easy to make but also visually appealing.

## Detailed Ingredients with measures

- 2 cups Greek yogurt
- 1 cup cream cheese, softened
- 1/2 cup honey or maple syrup
- 1 teaspoon vanilla extract
- 1/4 cup lemon juice
- 1 cup mixed berries, chopped
- 1/4 cup nuts, chopped (optional)

## Prep Time

20 minutes

## Cook Time, Total Time, Yield

Cook Time: 0 minutes

Total Time: 20 minutes plus chilling

Yield: 12 servings





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## Detailed Directions and Instructions

### 1. Prepare the Yogurt Mixture

In a mixing bowl, combine Greek yogurt, honey, and vanilla extract. Stir the mixture until it becomes smooth and creamy.

### 2. Line the Baking Tray

Take a baking tray and line it with parchment paper, ensuring the paper hangs over the sides for easy removal later.

### 3. Spread the Yogurt Mixture

Pour the yogurt mixture onto the prepared baking tray, spreading it evenly using a spatula to create a uniform layer.

### 4. Add Toppings

Sprinkle your choice of toppings over the yogurt mixture. This could include fruits, nuts, or granola, adding texture and flavor.

### 5. Freeze the Bark

Place the baking tray in the freezer and let it freeze for at least 4 hours, or until the yogurt has hardened completely.

### 6. Cut into Pieces

Once frozen, remove the tray from the freezer. Use the parchment paper to lift the yogurt bark out and place it on a cutting board. Cut into desired shapes and sizes using a sharp knife.

See also [Cherry Cheesecake Puppy Chow Recipe](#)

## **7. Store the Bark**

Store any leftover yogurt bark in an airtight container in the freezer. It can be enjoyed straight from the freezer for a refreshing treat.

# **Notes**

## **1. Choosing Yogurt**

You can use any flavor of Greek yogurt depending on your preference, but plain yogurt is recommended for versatility.

## **2. Sweetness Level**

Adjust the amount of honey based on your sweetness preference or use alternative sweeteners if required.

## **3. Toppings Variety**

Feel free to mix and match the toppings according to your taste; berries, shredded coconut, and seeds work well.

## **4. Serving Suggestions**

Yogurt bark can be served as a snack, dessert, or even a breakfast option alongside granola or fruit.

## **5. Freezing Time**

Ensure the yogurt is completely frozen before cutting, as this achieves the best texture and ease of handling.





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## Cook techniques

### Using Yogurt for Creaminess

Yogurt adds a unique tang and creaminess to cheesecake. Choose full-fat yogurt for the best texture and flavor.

### Melting Chocolate

Melt chocolate gently using a double boiler or microwave. Be cautious to avoid overheating, which can cause it to seize.

### Mixing Ingredients

Combine ingredients gently to prevent overmixing. This maintains the light texture of the cheesecake barks.

### Setting in the Freezer

Allow the cheesecake barks to set properly in the freezer for a few hours. This will help them solidify and slice easily.

### Cutting the Cheesecake Barks

Use a sharp knife to cut the barks into even pieces. Warming the knife slightly can help create cleaner cuts.

## FAQ

### Can I use low-fat yogurt?

Yes, but keep in mind that it may affect the creamy texture and overall flavor of the cheesecake barks.



See also Jam Shortbread Bars

**What can I substitute for chocolate?**

You can use white chocolate or dark chocolate as a substitute, depending on your taste preference.

**How long do the cheesecake barks last in the freezer?**

The cheesecake barks can be stored in the freezer for up to a month if properly wrapped.

**Can I add fruit to the cheesecake barks?**

Yes, you can incorporate fruits like berries or slices of banana into the mixture for added flavor.

**Is it necessary to use a springform pan?**

A springform pan is not necessary; any suitable dish lined with parchment paper works well for easier removal.



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## Conclusion

The Yogurt Cheesecake Barks are a delightful and refreshing treat, perfect for satisfying your sweet tooth while enjoying a lighter dessert option. The combination of creamy yogurt and sweet toppings creates a delightful experience that can be enjoyed year-round. This recipe is not only simple to make but also customizable with your favorite flavors and toppings, making it a versatile choice for any occasion.

## More recipes suggestions and combination

### **Fruit and Nut Yogurt Barks**

Consider adding a mixture of dried fruits and nuts for added texture and flavor. Almonds, walnuts, or your favorite seeds can enhance the nutritional value.

### **Chocolate Lover's Delight**

Incorporate melted dark chocolate drizzles or chunks into your yogurt mixture for a richer taste, creating a decadent dessert option.

### **Mint Chocolate Chip Variation**

Add mint extract and mini chocolate chips to your yogurt for a refreshing and indulgent twist reminiscent of mint chocolate chip ice cream.

### **Coconut Paradise**

Mix in shredded coconut and pineapple bits to transport your taste buds to a tropical getaway with each bite.



See also Million Dollar Dip

### **Peanut Butter Swirl Barks**

Swirl in some creamy or crunchy peanut butter into the yogurt base to create a delicious peanut butter-flavored cheesecake bark.



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