



# **SNOW BARK RECIPE**

Ingredients and tools: baking sheet, parchment paper, yogurt, spatula or scraper, toppings (sprinkles, chocolate chips, fruit, etc.), freezer, timer, plate or bowl for serving.



**1. Get a baking sheet.**



**2. Get a piece of parchment paper.**



**3. Put the parchment paper into the baking sheet.**

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4. Get vanilla yogurt.



5. Pour the yogurt into the baking sheet.



6. Get a spatula.

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## 7. Spread the yogurt.

[Adult: about 1/3-1/4" thick.]



## 8. Get toppings.

[Adult: Take photos of alternative topping ideas - such as chips or fruit - and use them as a replacement for this step if you would like!]



## 9. Put the toppings on the yogurt.

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**10. Put the pan in the freezer.**



**11. Set a timer.**

**[Adult: This could take 3-4 hours depending on thickness.]**



**12. Take the pan out of the freezer.**

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13. Break the frozen yogurt into pieces.



14. Put the yogurt on a plate.

**Note for the adult: For some learners being in the same room as a challenging food or touching a challenging food is a win in itself. It's okay if your learner isn't ready to try the snow bark after making. Try modeling what eating the snow bark looks like and talk to your child about how yummy it is. Putting pressure on a child to eat the challenging food prolongs feeding challenges.**