

Healthy Strawberry Yogurt Bark

Making this yogurt bark is simple. Just spread yogurt on a baking sheet, decorate it with heart-shaped strawberries and other toppings, and freeze. Once solid, you can break it into pieces for easy snacking. It's a delightful way to celebrate with kid-friendly Valentine's treats that are both tasty and good for you.



Bright Side
PLAY & PARTIES

Ingredients:

- 2 cups Greek yogurt (plain or vanilla)
- 1 tablespoon honey or maple syrup (optional for added sweetness)
- 1 cup fresh strawberries, hulled and sliced into heart shapes
- 1/4 cup chopped nuts (almonds, walnuts, or pecans)
- 2 tablespoons chia seeds or flaxseeds (optional for extra nutrition)
- 2 tablespoons unsweetened coconut flakes (optional for added texture)

Instructions:

1. Line a baking sheet with parchment paper or a silicone baking mat.
2. In a mixing bowl, combine Greek yogurt and honey or maple syrup if using. Stir until smooth.
3. Pour the yogurt mixture onto the prepared baking sheet, spreading it evenly to about 1/4-inch thickness.
4. Arrange the sliced strawberries on the yogurt, pressing them down slightly so they adhere.
5. Sprinkle the chopped nuts, chia seeds, flaxseeds, and coconut flakes evenly over the top.
6. Place the baking sheet in the freezer for at least 2-3 hours or until the yogurt is completely frozen.
7. Once frozen, remove from the freezer and carefully lift the yogurt bark from the baking sheet.
8. Break the bark into pieces and serve immediately or store in an airtight container in the freezer.

Serving Tips:

Customize It: Use your favorite berries, seeds, or nuts for variety.

Sweetness Control: Adjust the amount of honey or skip it for a naturally sweet treat.

Make It Festive: Use heart-shaped cookie cutters for extra Valentine's Day charm.

This heart-healthy strawberry yogurt bark is the perfect blend of creamy, crunchy, and fruity goodness. It's a refreshing treat that's both visually stunning and packed with nutrients. Enjoy making and sharing this wholesome snack!

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MONTHS OF THE YEAR

<i>Number of days</i>	<i>Season</i>	<i>February is the</i>
<i>Significant dates</i>		<i>The weather is</i>
<i>month of the year</i>		

February February

Draw an activity you can do in February

Name:

Date:

Valentine's Word Search

Find all the Valentine's Day vocabulary words hidden horizontally and vertically in the grid below.

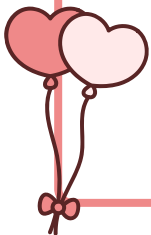


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g	i	i	t	s	a	i	f	t	c
l	s	n	a	i	t	h	t	f	f
o	v	t	l	n	t	e	s	c	l
v	f	e	b	r	u	a	r	y	o
e	s	a	n	t	v	r	l	n	w
v	a	l	e	t	n	t	c	j	e
c	h	o	c	o	l	a	t	e	r
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Valentine
Saint
February

love
heart
cupid

gift
flowers
chocolate

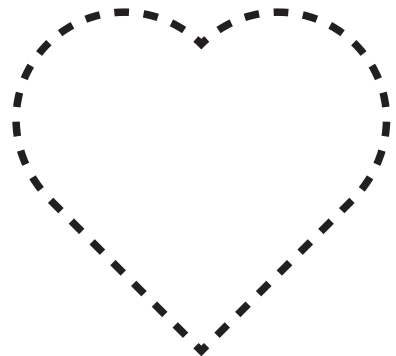
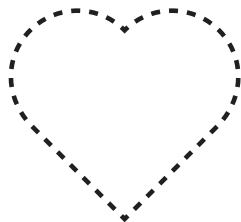
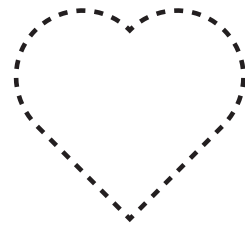
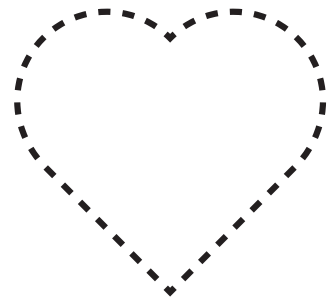
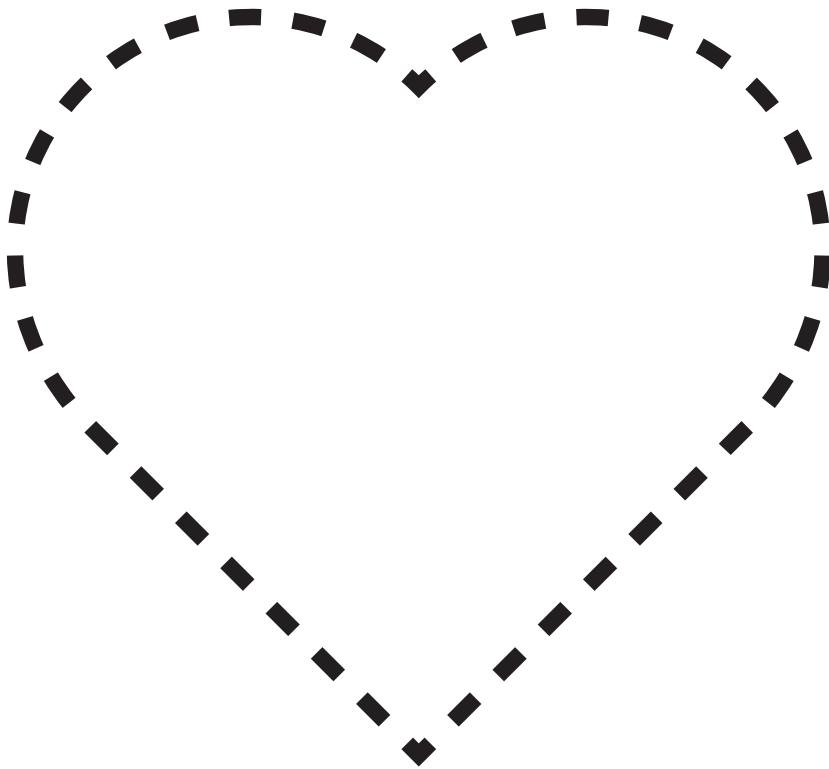


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Tracing Hearts worksheet

Trace and color each heart carefully.

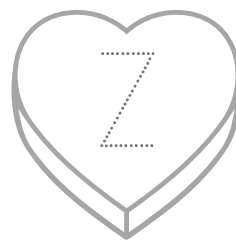
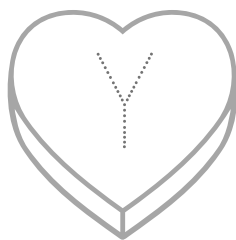
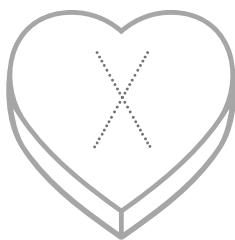
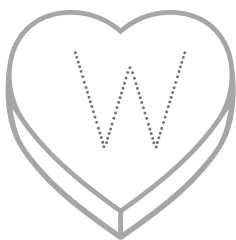
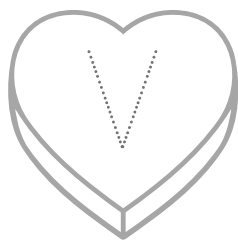
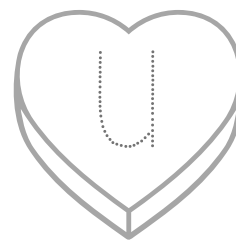
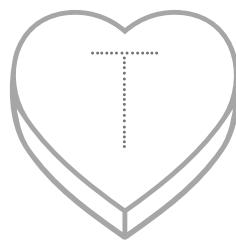
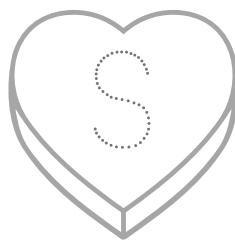
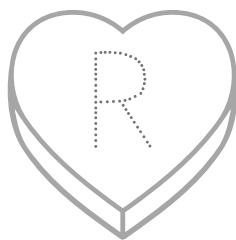
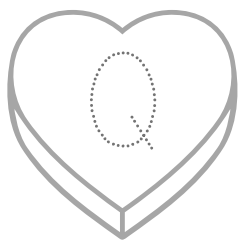
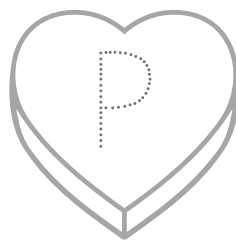
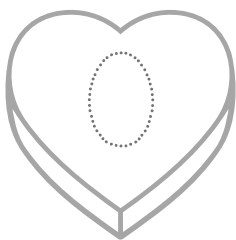
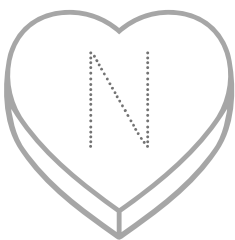
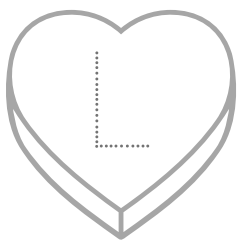
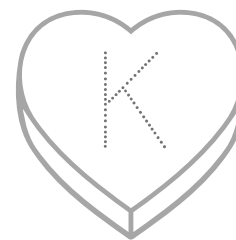
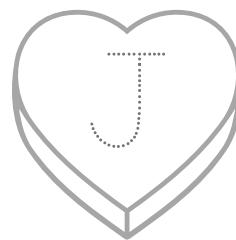
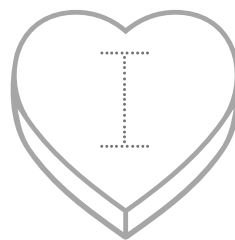
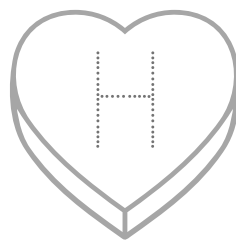
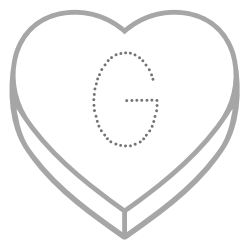
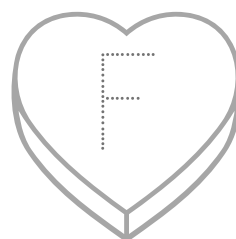
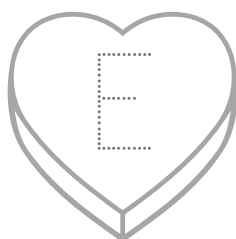
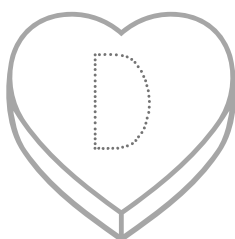
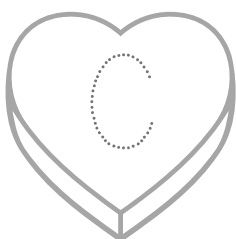
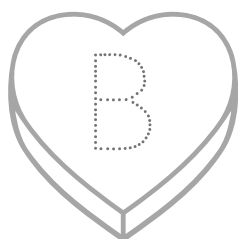
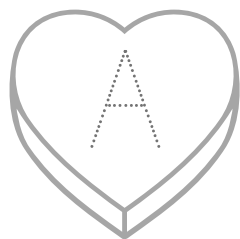


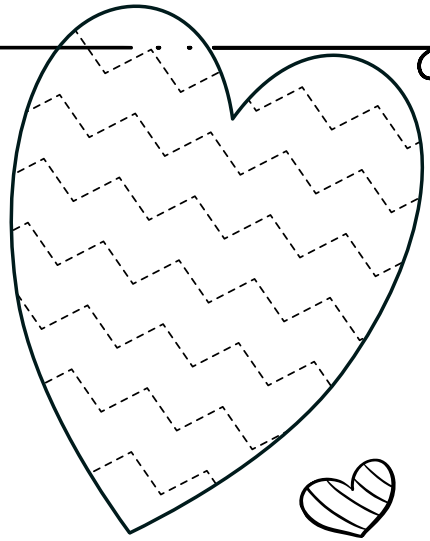
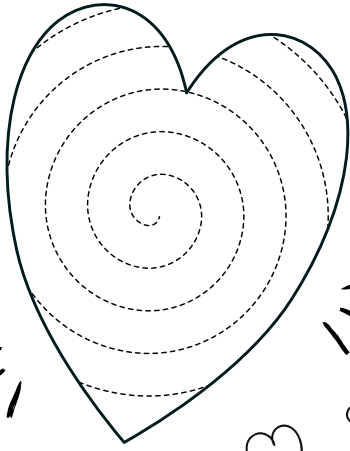
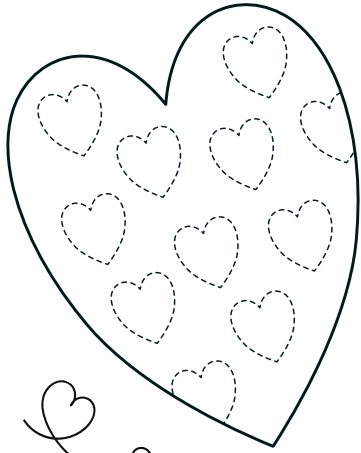
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Valentine's Day Alphabet

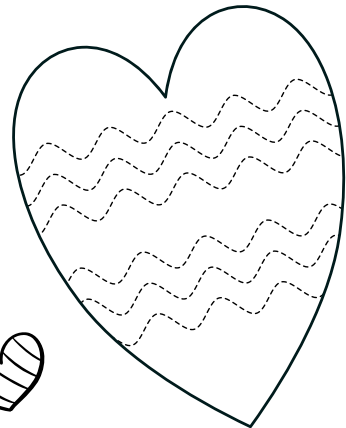
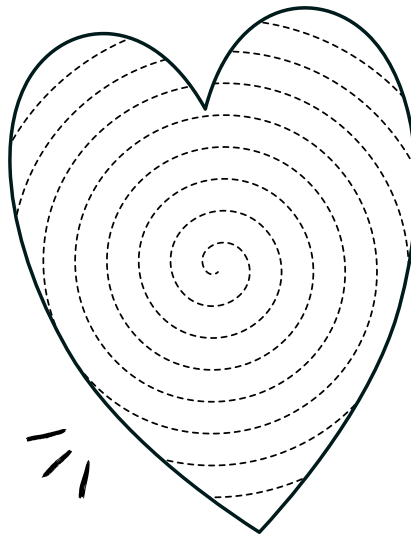
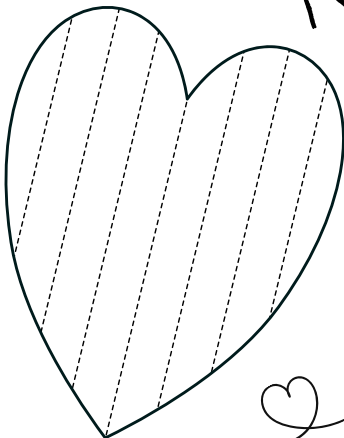
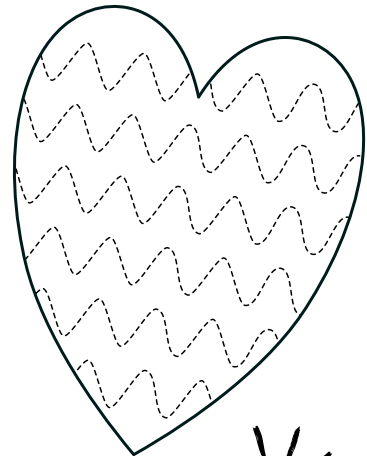
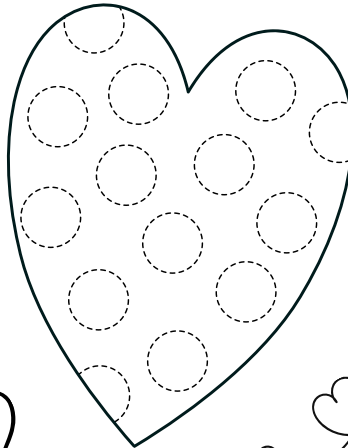
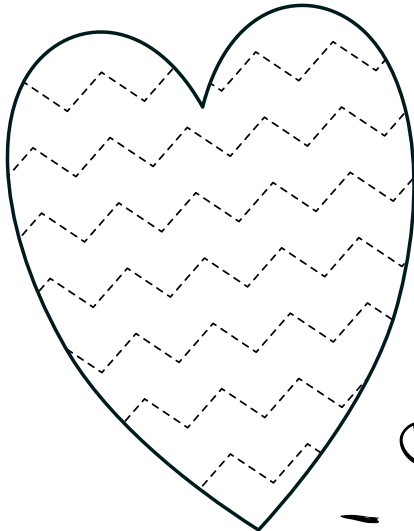
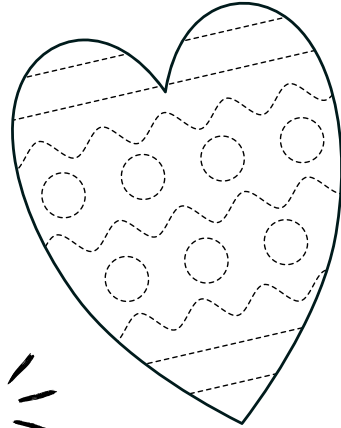
Trace the uppercase letters of the alphabet in the hearts. Color after tracing.





HAPPY

Valentine's
DAY



Name: _____

Date: _____

Challenge Check Chart

Color a heart for each day that you complete your challenge.

