# Mango & Cranberry Coconut Kefir Yogurt Bark

Nutrition Naturally Forever

◐ FIRST QUARTER | BUILD

As the Moon begins to grow, our Menopause Moon Kitchen focus moves from restoring nutrient stores to **building a stronger foundation for gut health**.

The First Quarter Moon mirrors the follicular phase of the menstrual cycle, when estrogen begins to rise following menstruation and the body prepares for ovulation.

During perimenopause, these hormonal patterns can become less predictable, but the importance of nourishing our gut microbiome remains.

And after menopause? Gut health is just as important.

Our digestive system does far more than simply break down food. The trillions of microorganisms living within our gut are involved in digestion, immune function and the metabolism of hormones, including estrogen.

That's why our Build phase is all about creating an environment in which beneficial gut bacteria can thrive.

And this **Mango & Cranberry Coconut Kefir Yoghurt Bark** is a delicious way to bring some variety into your Menopause Pantry.

Kefir yoghurt containing live cultures introduces beneficial microorganisms into the digestive system. While not every live culture qualifies as a clinically proven probiotic, fermented foods can be a valuable addition to a varied diet.

Mango provides vitamin C, fibre and colourful plant compounds, while cranberries contain polyphenols, including compounds that can interact with our gut microbiota.

Coconut adds flavour and texture, making this a satisfying little treat that feels rather indulgent without needing to be complicated.

Together, these ingredients provide a combination of fermented food and plant diversity, two of the things we focus on during Build week.

Of course, one serving of yoghurt bark isn't going to transform your microbiome overnight.

**Gut health is something we build through our everyday habits, not something we fix with a single superfood.**

And that's the beauty of the Menopause Moon Kitchen. We're not following another restrictive plan or searching for a magical ingredient. We're learning how to include more of the foods that nourish us, one simple recipe at a time.

This is also a lovely recipe to prepare ahead and keep in the freezer for those moments when you fancy something cool, fruity and refreshing.

 **Moon Kitchen Tip:** During Build week, think about what you can add to your diet rather than what you need to remove. A spoonful of live yoghurt, a handful of berries, some seeds or an extra vegetable at dinner can all contribute to greater dietary variety over time. Remember, diversity is something we build, not something we achieve in a day.

**Ready to make healthy eating feel effortless?**

Imagine opening your cupboards knowing you always have the ingredients to create nourishing meals.

Download The **Menopause Pantry Guide for FREE** and discover:

✔ The Menopause Pantry Principles
✔ A practical pantry checklist
✔ Tips to help you thrive through menopause with real food

 **Get instant access**

# Mango & Cranberry Coconut Kefir Yogurt Bark

5 ingredients · 2 hours 5 minutes · 6 servings



## Directions

1. In a bowl, combine the yogurt and honey.
2. Line a baking sheet with parchment paper. Pour the mixture onto the baking sheet and spread it out evenly using the back of a spoon. Add the mango, cranberries, and almonds evenly on top.
3. Place in the freezer for two hours or until very firm. Slice or break apart into pieces and enjoy!

## Notes

**Leftovers**
Keep frozen in an airtight container or freezer bag for up to two months. Line with parchment paper between the pieces if needed.

**Serving Size**
One serving is approximately 1/2 cup.

**No Almonds**
Use other chopped nuts like cashews, walnuts or pecans.

## Ingredients

**225 grams** Plain Coconut Kefir Yogurt

**7 grams** Raw Honey

**83 grams** Frozen Mango

**15 grams** Dried Unsweetened Cranberries

**18 grams** Almonds (chopped)

## Nutrition

Amount per serving

| | | | |
|---|---|---|---|
| **Calories** | 55 | Vitamin D | 0IU |
| **Fat** | 3g | Vitamin E | 1mg |
| **Carbs** | 7g | Vitamin K | 1µg |
| Fiber | 1g | Thiamine | 0mg |
| Sugar | 5g | Riboflavin | 0mg |
| **Protein** | 1g | Niacin | 0mg |
| Cholesterol | 0mg | Vitamin B6 | 0mg |
| Sodium | 8mg | Folate | 7µg |
| Potassium | 45mg | Vitamin B12 | 0.5µg |
| Vitamin A | 149IU | Phosphorous | 16mg |
| Vitamin C | 5mg | Magnesium | 9mg |
| Calcium | 93mg | Zinc | 0mg |
| Iron | 0mg | Selenium | 0µg |

**Sue Wappett**
https://www.nutritionnaturallyforever.com