

Greek Yogurt with Warm Berry Sauce

Ingredients:

- 2/3 cup frozen blueberries
- 2/3 cup frozen blackberries
- 1/2 cup water
- 1/4 cup sugar
- 2 tablespoons fresh lemon juice
- 1 tablespoon unsalted butter or olive oil butter
- 2 cups plain Greek reduced-fat yogurt

Directions:

1. Combine the first 5 ingredients in a small saucepan. Bring mixture to a boil.
2. Reduce heat to medium-low; gently boil 10 minutes or until sauce thickens. Stir in butter.
3. Spoon 1/2 cup yogurt into each of 4 bowls; top each serving with about 1/4 cup sauce.

Nutrition Facts

Serving Size (85g)
Servings Per Container 25

Amount Per Serving

Calories 90 **Calories from Fat 30**

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 115mg **5%**

Total Carbohydrate 9g **3%**

Dietary Fiber 0g **0%**

Sugars 8g

Protein 7g

Vitamin A 15% • Vitamin C 15%

Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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