

# 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	
<b>Calories 90</b>	<b>Calories from Fat 30</b>
% Daily Value*	
<b>Total Fat 3g</b>	<b>5%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol 25mg</b>	<b>8%</b>
<b>Sodium 115mg</b>	<b>5%</b>
<b>Total Carbohydrate 9g</b>	<b>3%</b>
Dietary Fiber 0g	0%
Sugars 8g	
<b>Protein 7g</b>	
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	

For more information, please contact:

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Source: [myrecipes.com](http://myrecipes.com)

