

Yummy Fruit & Yogurt Dessert

Who said you can't enjoy a sweet, yet nutritious dessert after dinner? This is a deliciously sweet and nutritious dessert. And it's ready in a flash! You can also try it in the morning for a quick breakfast – try adding a high fiber, low sugar cereal or a small handful of nuts for added nutrition and variety.

Ingredients:

1 cup blueberries, washed and drained
1 cup nonfat vanilla yogurt

Directions:

1. Top berries with yogurt, gently mix together, and enjoy!

Makes two servings.

Nutrition Analysis (per serving):

Calories 140

Fat 0.5g

Sat fat 0g

Cholesterol 0mg

Sodium 70mg

Carbohydrate 31.5g

Fiber 3g

Protein 5g

Enjoy this recipe while the blueberries are fresh and in season or use frozen berries when they're not in season. If you don't have or like blueberries, try another fruit variety of your choice.