



Greek Yogurt with Fruit Sauce

U.S.

2 cups
1 Tbsp
2 Tbsp
4 cups

Frozen Berries, any type
Granulated Sugar (can substitute with honey)
Water
Greek Yogurt

Metric

442 g
12.4 g
30 mL
900 g

Preparation:

1. Gather all ingredients and equipment.
2. Add berries, sugar, and water to a small saucepan and simmer over medium heat for 20 minutes.
3. Remove from heat and let cool.
4. top 2/3 cup of yogurt with 1/3 cup of fruit sauce and serve.

Nutrition Facts

4 Servings

Serving size 1 cup yogurt, 1/2 cup sauce

Amount per serving

Calories 240

Calories from Fat 15

Total Fat 1.5 q

Saturated Fat 0 q

Trans Fat 0 q

Monounsaturated Fat 0 q

Cholesterol 10 mg

Sodium 90 mg

Total Carbohydrate 29 q

Dietary Fiber 6 q

Total Sugars 21 q

Includes 3g Added Sugars

Protein 26 q

Vitamin D 0 %

Calcium 25 %

Iron 0 %

Potassium 515 mg

Phosphorus 330 mg
