



Greek Yogurt with Fruit Sauce (Large Font)

U.S.

2 cups	Frozen Berries, any type, thawed
1 Tbsp	Granulated Sugar or Honey
2 Tbsp	Water
4 cups	Greek Yogurt, plain

Metric

445 g
13 g
30 mL
900 g

Preparation:

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

****Nutrition Facts on Reverse**

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 g

 Saturated Fat 0 g

 Trans Fat 0 g

 Monounsaturated 0 g

Cholesterol 10 mg

Sodium 90 mg

Total Carbohydrate 29 g

 Dietary Fiber 6 g

 Total Sugars 21 g

 Includes 3g Added Sugars

Protein 26 g

Vitamin D 0 %

Calcium 25 %

Iron 0 %

Potassium 515 mg

Phosphorus 330 mg
