



Yogurt Whipped Cream and Berries

Try orange or lemon zest instead of vanilla extract for a new refreshing twist on whipped cream.

<u>U.S.</u>		<u>Metric</u>
1 cup	Heavy Cream	235 ml
1 cup	Yogurt, plain, low-fat	227 g
2 Tbsp	Sugar, Powdered	14 g
1/2 tsp	Vanilla Extract	2 ml
3 cups	Berries	510 g

Preparation:

1. Gather all ingredients and equipment.
2. In a large mixing bowl, mix together heavy cream, sugar, and vanilla and whip with an electric mixer or whisk ingredients by hand until soft peaks form.
3. In a separate bowl, gently whisk yogurt to make light and fluffy.
4. Gently fold in the yogurt to the whipped cream to keep the bubbles.
5. Chill until ready to serve.
6. Serve 1/2 cup berries with 1/4 cup of whipped cream

Nutrition Facts

Serving size	1/2 cup berries 1/4 cup yogurt
Servings	6
Calories	99
Calories from Fat	35
Total Fat	4 g
Saturated Fat	2 g
Trans Fat	0 g
Monounsaturated Fat	1 g
Cholesterol	14 mg
Sodium	20 mg
Carbohydrates	15 g
Dietary Fiber	2 g
Sugars	11 g
Protein	2 g
Vitamin A	4 %
Calcium	5 %
Vitamin C	12 %
Iron	2 %
Phosphorus	47 mg
