Greek Yogurt with Warm Berry Sauce

Yield: Serves 4
Total time: 20 Minutes

Frozen berries make this a year-round treat. Top with fresh berries if they are available. Although this is dessert, there's enough protein to consider it for breakfast.

Ingredients
2/3 cup frozen blueberries
2/3 cup frozen blackberries
1/2 cup water
3 Tbs. sugar, or to taste
2 Tbs. fresh lemon juice
1 Tbs. butter
2 cups plain 2% reduced-fat Greek yogurt

Preparation
1. Combine the first 5 ingredients in a small saucepan. Bring mixture to a boil. Reduce heat to medium-low; gently boil 10 minutes or until sauce thickens. Stir in butter.
2. Spoon 1/2 cup yogurt into each of 4 bowls; top each serving with about 1/4 cup sauce.

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Nutritional Information
Calories 192
Fat 5.8 g
Satfat 3.8 g
Monofat 0.8 g
Polyfat 0.2 g
Protein 11.8 g
Carbohydrate 25.7 g
Fiber 2 g
Cholesterol 14.3 mg
Iron 0.3 mg
Sodium 64 mg
Calcium 131 mg