



Elliott Evans Nutrition, LLC
Prevent and Protect
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GREEK YOGURT WITH WARM BERRY SAUCE

CookingLight.com

Serves 4

- 2/3 cup frozen blueberries**
- 2/3 cup frozen blackberries**
- 1/2 cup water**
- 1/4 cup sugar**
- 2 tablespoons fresh lemon juice**
- 1 tablespoon butter**
- 2 cups plain 2% reduced-fat Greek yogurt**

- **combine water, sugar, lemon juice and butter into a sauce pan; cook over medium heat until blended. Add berries and stir until mixed through and warmed.**
- **Divide yogurt among 4 parfait glasses, pour berry sauce over yogurt and serve.**