

upclose & tasty

Greek Yogurt with Blueberry and Blackberry Sauce *Inspired by Cooking Light*

Ingredients:

2/3 cup blueberries

2/3 cup blackberries

1/2 cup water

1/4 cup sugar

2 tablespoons fresh lemon juice

1 tablespoon butter

2 cups plain reduced-fat Greek yogurt

Optional: *I used dairy free plain coconut milk yogurt by SO Delicious® and you could use their vanilla flavor for more sweetness, if desired.*

Preparation:

- 1. Add the first five ingredients to a small saucepan and bring mixture to a boil.*
- 2. Reduce heat to medium-low and gently boil until sauce thickens, about 10-15 minutes.*
- 3. Stir in the butter.*
- 4. Spoon yogurt into bowls and top each with about 1/4 cup of the sauce or more, if desired.*
- 5. Top with additional blueberries or blackberries.*

Enjoy!