

# Greek Yogurt with Warm Berry Sauce

Prep: 5 minutes | Cook: 15 minutes | Total: 20 minutes

Yield: 4 servings | Serving Size: ½ cup yogurt with a quarter of the sauce

## Ingredients

2 cups frozen berries (unsweetened)

1 tablespoon lime juice

2 cups plain Greek yogurt (2% fat)

## Directions

1. Combine the frozen berries and lime juice in a small saucepan.
2. Bring the mixture to a boil over medium-high heat.
3. Reduce heat to medium-low to maintain a gentle simmer.
4. Cook until a sauce forms and thickens, about 10-12 minutes.
5. Divide the yogurt into four serving bowls.
6. Top each serving of yogurt with a quarter of the sauce (about ⅓ cup).
7. Serve immediately, or chill before serving.

## Recipe Notes

- Try swapping vanilla Greek yogurt for the plain Greek yogurt or adding ¼ teaspoon vanilla extract to the plain Greek yogurt.
- If using fresh berries, add ½ cup water to saucepan in step 1.
- Substitute lemon or orange juice for the lime juice for a different flavor combination if desired.
- If more sweetness is desired, add up to 2 teaspoons of sweetener (e.g. honey, sugar, agave, stevia) to the berry sauce.
- Garnish with slivered almonds or chopped nuts if desired.



Nutrition Facts Per Serving: Calories: 130 | Total Fat: 3 g | Saturated Fat: 1.5 g  
Sodium: 40 mg | Total Carbohydrate: 13 g | Dietary Fiber: 3 g | Protein: 12.5 g

For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



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