

Berry Yogurt Cream



Ingredients

- 7 – 10 strawberries, chopped
- 1 c. vanilla non-fat Greek yogurt
- 2 bananas
- ½ c. fresh blueberries
- ¾ tsp. ground cinnamon
- 1 Tbsp. honey
- 1 Tsp. vanilla
- ¼ c. sliced almonds (optional)

Directions:

1. Mash the bananas in a large bowl. Add the Greek yogurt, vanilla, honey and cinnamon. Mix well.
2. Distribute half the strawberries and blueberries at the bottom of cups/bowls. Add the yogurt and top with the remaining blueberries and strawberries.
3. Garnish with almonds and a drizzle of honey.
4. Serve and enjoy!

*Yield 6 servings, serving size: 1 serving. Calories: 118.
Fat: 1.6 g. Cholesterol: 0 mg. Sodium 17 g. Carbohydrates: 20 g.
Fiber: 2.5 g. Sugar: 13.7 g. Protein: 5 g.*

**These facts may vary based on size, amount, and brand use. This information is only a guide.*