

FRESH FRUIT WITH WARM HONEY YOGURT TOPPING

Healthy homemade yogurt parfaits are simple to make. These are perfect as an easy breakfast, quick snack, or after dinner treat. Feel free to substitute thawed frozen fruit for fresh fruit, but be sure to drain well before adding to bowls. Treat this as an after dinner treat to satisfy your sweet craving!

Yield: 8 servings

Serving Size: 1 cup fruit and ¼ cup topping

Ingredients

8 cups fresh fruit such as berries, melons, peaches, or a combination

2 lemon

2 cup nonfat plain Greek yogurt

¼ c tablespoons honey

½ tsp pure vanilla extract

Directions

- 1. Wash and cut fruits:** rinse and zest the lemon using the small holes on a box grater. Divide evenly among four bowls.
- 2. Make vanilla Greek yogurt:** combine yogurt, honey, and vanilla extract in a microwave-safe bowl.
- 3. Make topping:** add lemon zest to yogurt and microwave for 1 minute. Stir well.
- 4. Drizzle honey yogurt topping over the fruit and serve.**



Nutrition Facts

Serving Size 1 cup fruit
and 1/4 cup topping
Servings Per Recipe 4

Amount Per Serving

Calories 150 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 35mg **2%**

Total Carbohydrate 36g **13%**

Dietary Fiber 3g **11%**

Sugars 25g

Protein 3g

Vitamin A 30% • Vitamin C 70%

Calcium 6% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.