



# 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
- 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. Spoon ½ cup of the yogurt into each of four serving bowls.
6. Top each serving of yogurt with a quarter of the sauce (about ⅓ cup).

## Recipe Notes

- Swap vanilla Greek yogurt for the plain Greek yogurt or add 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 in place of the lime juice for a different flavor combination.
- If more sweetness is desired, add up to 2 teaspoons of sweetener (e.g. honey, sugar, agave, stevia) to the berry sauce.

**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

Inspired by a recipe submitted by Dana Strohmaier, RD  
For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



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