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CookingLight



## Greek Yogurt with Warm Black and Blueberry Sauce

When making this Greek Yogurt with Warm Black and Blueberry Sauce in the summer, substitute fresh berries for frozen. This sauce also pairs well with biscuits or as a stand-in for syrup on pancakes.

- **Yield: 4 servings**

Photo by: Photo: John Autry;  
Styling: Cindy Barr

### Ingredients

2/3 cup frozen blueberries	2 tablespoons fresh lemon juice
2/3 cup frozen blackberries	1 tablespoon butter
1/2 cup water	2 cups plain 2% reduced-fat Greek yogurt
1/4 cup sugar	

### Preparation

1. Combine first 5 ingredients in a small saucepan. Bring mixture to a boil. Reduce heat to medium-low; gently boil 10 minutes or until sauce thickens. Stir in butter.
2. Spoon 1/2 cup yogurt into each of 4 bowls; top each serving with about 1/4 cup sauce. Serve immediately.

### Nutritional Information

#### Amount per serving

Calories 192   Fat 5.8 g   Satfat 3.8 g   Monofat 0.8 g   Polyfat 0.2 g   Protein 11.8 g   Carbohydrate 25.7 g  
Fiber 2 g   Cholesterol 14 mg   Iron 0.3 mg   Sodium 64 mg   Calcium 131 mg

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