



Greek Yogurt with Berry Sauce

1 Serving • 1 Serving = 1 Bowl

INGREDIENTS

- 1 cup nonfat plain Greek yogurt
- 1 cup frozen strawberries
- ½ orange, juiced and zested
- 1/8 teaspoon ground cinnamon
- ¼ teaspoon vanilla extract
- Optional: 1 Tablespoon almonds, sliced

DIRECTIONS

1. Place Greek yogurt into a serving bowl and set aside.
2. In a medium saucepan, combine strawberries, orange juice and zest, cinnamon, and vanilla over medium high heat.
3. Cook, stirring occasionally, until the berries have heated through and broken down to form a thick sauce.
4. Allow to cool for about 10 minutes before adding the sauce on top of the Greek yogurt.
5. Top with almonds.

Nutrition Facts	
servings per container	
Serving size	(206g)
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 45mg	2%
Total Carbohydrate 24g	9%
Dietary Fiber 3g	11%
Total Sugars 18g	
Includes 6g Added Sugars	12%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 139mg	10%
Iron 1mg	6%
Potassium 238mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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