

# Greek Yogurt with Blueberry Sauce\*

*Servings: 6 | Prep/cook time: 15 minutes*

## **Ingredients:**

2 cups fresh blueberries  
2 tbsp. sugar  
2 tbsp. water  
½ tsp. lemon zest  
½ tsp. lemon juice  
1 pinch salt  
3 cups plain fat free Greek yogurt



## **Directions:**

1. In saucepan, combine blueberries, sugar and water; bring to a simmer over medium-high heat.
2. Reduce heat to medium and simmer, stirring occasionally, until most of the berries burst and cook down into a purple sauce, 5-7 minutes.
3. Remove sauce from heat and stir in lemon zest, lemon juice and salt; let cool to warm.  
(If not using right away, transfer to container, cover and refrigerate until serving. Reheat.)
4. To serve, spoon yogurt evenly into 6 small bowls; top evenly with warm berry sauce and gently swirl sauce into yogurt.
5. Serving size: ½ cup yogurt and ¼ cup sauce

*\*This recipe comes from WW. 1-3 PersonalPoints™ per serving*

