

Berries with Banana Cream

Makes: 4 Servings

Ingredients

1/3 cup yogurt, low-fat plain
1/2 banana (ripe)
1 tablespoon fruit juice (orange works well)
2 cups sliced strawberries
1 teaspoon honey
1 dash cinnamon

Directions

1. Combine yogurt, banana, and juice and mash with a fork until most chunks are gone.
2. Wash and slice berries.
3. Top the berries with the yogurt banana mixture.
4. Top with honey and cinnamon.