

Balsamic Berries with Yogurt & Mint



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE

Ingredients

- 1 ½ cup berries of choice, fresh or frozen (thawed)
- 2 tablespoons honey
- 1 teaspoon balsamic vinegar
- 8 ounces plain, low-fat Greek yogurt
- Mint leaves

Directions

1. Wash fresh berries (if using).
2. In a small bowl, mix the berries with the honey and balsamic vinegar.
3. Thinly chop the fresh mint leaves. To serve, place a hearty scoop of the yogurt in a bowl.
4. Top the yogurt with berry mixture and mint.

Recipe from Cook Well Berkeley: Cooking Carb-Smart, Spring 2013