

# BALSAMIC STRAWBERRIES WITH GREEK YOGURT

*Bariatric, Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian*

Serves: 4 (Serving = 6 oz yogurt with 1/4 strawberry mixture)

## Nutrition (per serving)

Calories: 170

Total Fat: 5 g

Saturated Fat: 2 g

Sodium: 92 mg

Total Carbohydrate: 23 g

Dietary Fiber: 1.5 g

Protein: 18 g



## Ingredients

- 1 Tablespoon trans-fat free tub margarine
- 2 cups fresh strawberries, tops cut off and quartered
- 3 Tablespoons Truvia® sweetener
- 1 Tablespoon balsamic vinegar
- 4 - six ounce containers low fat plain Greek yogurt

## Directions

1. Melt margarine in large skillet over medium heat. Add the strawberries, sweetener and balsamic vinegar. Cook until the strawberries are heated through and darkened to a ruby red (about 2-3 minutes).
2. Serve about 1/4 cup of strawberries over 6 ounces of yogurt in dessert bowl or stemmed glasses.

## To make bariatric diet friendly:

Cook in muffin tin, add 3 scoops sugar free vanilla protein powder to whole recipe. Can freeze in ice cube tray up to 2 months.

Bariatric nutrition info (about 15 servings; serving = 1 ounce berry mix + 2 ounces yogurt each): Calories 80, Total Fat 1.5g, Sat Fat 0g, Sodium 95mg, Total Carbohydrate 7g, Fiber 0g, Protein 11g