

Berries with Banana Cream

INGREDIENTS

- 1/3 cup yogurt, low-fat plain
- 1/2 banana, ripe
- 1/2 ounce 100% fruit juice (orange works well)
- 2 cups sliced strawberries
- 1 teaspoon honey, optional
- 1/8 teaspoon cinnamon, optional

TIME: 10 MINUTES
SERVINGS: 4



Adapted from: myplate.gov



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PROCEDURE

1. In a large bowl, combine yogurt, banana, and fruit juice. Mash with a fork until a smooth consistency.
2. Wash and slice strawberries.
3. Top the strawberries with the banana cream mixture.
4. Optional step: top with honey and cinnamon.

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