

Recipes

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Yogurt with Carmalized Fruit

I LIKE TO USE PLAIN YOGURT FOR THIS DISH, BECAUSE IT HAS LESS CALORIES. TRY TO CARAMELIZE THE FRUIT USING A LIGHT MARGARINE MIXED WITH SUGAR.

REMEMBER THE TRICK IS TO NOT GET TO MUCH HEAT.

MIX THE SUGAR AND MARGARINE OVER MEDIUM HEAT.

WHEN YOU HAVE A GOOD SYRUP GOING ADD THE FRUIT.

I LIKE STRAWBERRIES AND BLACK OR BLUEBERRIES.

LET COOK FOR A FEW MINUTES UNTIL THE FRUIT

SOFTENS A LITTLE. POUR OVER YOGURT AND TOP

WITH WHIPPING CREAM IF YOU LIKE.

SERVE



AS Seen on KMID



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