

# MAKE A GREAT PLATE.

Sweet, tart and perfect for breakfast or dessert.

## Greek Yogurt with Warm Chia-Berry Sauce

### INGREDIENTS

1½ cups frozen **raspberries** or **blueberries**

½ cup **water**

1½ tbsp **sugar**

1 tbsp **chia seeds**

2 cups plain nonfat **Greek yogurt**

### DIRECTIONS

**Combine** berries, water, sugar and chia seeds in a small saucepan. **Bring** to a boil, then reduce heat and simmer 10 minutes. **Mash** berries slightly with fork. **Let** cool 10 minutes.

**Meanwhile**, add ½ cup yogurt to 4 small serving bowls. **Top** each with ¼ cup warm berry sauce, stir and enjoy.

Makes 4 servings. Each: 122 calories • 12g protein • 1g total fat • 18g carb • 14g sugar • 2g fiber • 46mg sodium

