



Fresh Strawberries with Lemon Cream

Ingredients

1 cup plain lowfat Greek yogurt
1 tablespoon honey
¼ teaspoon grated lemon peel
2 teaspoons lemon juice
2 cups strawberries, hulled and halved

Serves 2

Preparation

Combine first 4 ingredients in a bowl. Serve strawberries in individual serving bowls and top with lemon cream.

Nutrition information per serving: Calories 134, Total fat 2.1g, Saturated fat 1.2 g, Sodium 67 mg, Carbohydrate 23.3 g, Fiber 1.5 g, Protein 7 g.