

# Fresh Fruit with Warm Honey Yogurt Topping



## Serving Size

Serves 4, 1 cup fruit and 1/4 cup topping per serving

## Ingredients

- 4 cups fresh fruit, such as berries, melons, pears, plums, peaches, or a combination
- 1 lemon
- 1 cup nonfat vanilla yogurt
- 2 Tablespoons honey

## Materials

- 4 small bowls
- Box grater
- Cutting board
- Measuring cups
- Measuring spoons
- Microwave-safe bowl
- Sharp knife

## Nutritional Information

### Nutrition Facts

Serving Size 1 cup fruit and 1/4 cup topping  
Servings Per Recipe 4

#### Amount Per Serving

**Calories** 150      **Calories from Fat** 0

% Daily Value\*

**Total Fat** 0g      **0%**

**Saturated Fat** 0g      **0%**

**Trans Fat** 0g

**Cholesterol** 0mg      **0%**

**Sodium** 35mg      **2%**

**Total Carbohydrate** 36g      **13%**

**Dietary Fiber** 3g      **11%**

**Sugars** 25g

**Protein** 3g

**Vitamin A** 30%      • **Vitamin C** 70%

**Calcium** 6%      • **Iron** 0%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

([http://www.feedburner.com/fb/a/emailFlare?loc=en\\_US&itemTitle=Fresh%20Fruit%20with%20Warm%20Honey%20Yogurt%3Afruit-warm-honey-yogurt-topping](http://www.feedburner.com/fb/a/emailFlare?loc=en_US&itemTitle=Fresh%20Fruit%20with%20Warm%20Honey%20Yogurt%3Afruit-warm-honey-yogurt-topping))

## Instructions

1. Wash and cut fruits. Rinse and zest lemon using the small holes on a box grater.
2. Divide fruit evenly among 4 bowls.
3. Combine yogurt, honey, and lemon zest in a microwave-safe bowl. Microwave for 1 minute. Stir well.
4. Drizzle honey yogurt topping over the fruit and serve.

## Chef's Notes

### Chef's Notes:

- For best price, use whatever fruits are in season. Or, use thawed frozen fruit, but be sure to drain well before adding to bowls.
- If you do not have a microwave, warm honey yogurt topping on the stove. Use a small skillet over low heat.
- Add dried fruit, such as raisins, dried figs, dates, prunes, or cranberries, to the fresh fruit.
- Use juice from the lemon in another recipe, such as Herb Roasted Chicken with Vegetables (<http://cookingmatters.org/recipes/herb-roasted-chicken-vegetables>).