

## Strawberries w/ Vanilla Yogurt

Category: Gigi is cooking

Yield: 4 kids or 3 adults

Preparation time: 5 minutes

Total time: 5 minutes

1 pt. fresh strawberries, washed and hulled

2 T. cane sugar or agave nectar

1 t. vanilla

1 t. fresh grated orange zest

2 cups really good vanilla yogurt such as Mountain High or Brown Cow

Slice the strawberries on the vertical half and then slice each half again.

Toss the berries with the next three ingredients.

Note: agave nectar is a non-sugar natural sweetener from the agave cactus.

Put in large scoopful of yogurt in a bowl and spoon the berries over the top.

Enjoy-Yummy

You can use any berry that is in season @ the time!

Nutritional facts (daily value): Calories 106kcal; Protein 2g (4%); Total Fat 1g (1%)(Sat. 0g (0%)); Chol. 0mg (0%); Carb. 23g (8%); Fiber 6g (23%); Sugars 14g; Calcium 48mg (5%); Iron 1mg (7%)

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