

Blueberry Treat



Ingredients:

- 1 cup of plain, fat-free Greek Yogurt
- 2/3 cup of cooked barley
- 1 teaspoon of honey
- 1 cup of fresh or frozen blueberries, unsweetened
- Dash of cinnamon

Directions:

1. In a small bowl, combine the yogurt, barley and honey. Sprinkle cinnamon over top.
2. Divide between two dessert dishes, and finish each with ½ cup of fresh or frozen blueberries.

Serving size: ½ of recipe, Serves 2

Nutrition Information: 179 calories; 0.7 grams of total fat, 0.1 grams of saturated fat; 4.5 grams of cholesterol; 45 grams of sodium; 31.7 grams of carbohydrates, 4.1 grams of dietary fiber, 13.1 grams of sugar; 13 grams of protein.

