



## Fresh Berry Sundaes

### Servings: 2

- ½ cup raspberries
- ½ cup blueberries
- ½ cup strawberries
- 1 tsp confectioner's sugar
- 1 cup vanilla frozen yogurt
- 2 tsp chocolate curls (optional)

### Method

1. Combine berries and sugar in small bowl and toss well.
2. Scoop frozen yogurt into serving dishes and top with berries.
3. Garnish with chocolate curls if desired.

### Nutrition Information (per serving)

166 calories (23% calories from fat), 4 grams total fat, (2.5 grams sat. fat), 4 grams protein, 30 grams carbohydrate, 4 grams dietary fiber, 1 mg cholesterol, 65 mg sodium, 120 mg calcium