



Local berries on parade

Makes 4 servings

Yogurt cheese:

2 sheets cheesecloth
 750 mL (3 cups) plain low-fat yogurt, gelatin free
 60 mL (1/4 cup) icing sugar

500 mL (2 cups) yogurt cheese prepared from above
 mixed fresh, local berries

1. Line a colander with the cheesecloth and set atop a large bowl. Place the yogurt on top of the cheesecloth, cover with plastic wrap and refrigerate for 3 to 5 hours.
2. Remove the yogurt from the refrigerator. Discard the slightly yellow liquid that has dripped through. The yogurt that remains will be thick, resembling soft cream cheese. Note: the longer it drains, the thicker the yogurt cheese will become.
3. Transfer the yogurt cheese to a small mixing bowl and stir in icing sugar.
4. Divide yogurt among 4 small bowls and top each with 125 mL (½ cup) berries.

Nutrients per serving

Calories: 188	Carbohydrate: 30.1 g	Calcium: 307 mg
Fat: 3.5 g	Fibre: 4.6 g	Iron: 0.6 mg
Sodium: 106 mg	Protein: 10.7 g	

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