

Fresh Fruit + Greek Yogurt Cream フレッシュフルーツ＋ヨーグルトクリーム

Serves: 3-4

Ingredients

Fruit

- 300-400 g strawberries or mixed berries (いちご／ミックスベリー)
- 1-2 tsp (8-16 g sugar or honey) (砂糖／はちみつ)

Yogurt Cream

- 170 g plain Greek yogurt (ギリシャヨーグルト)
- 60 ml heavy cream (生クリーム)
- 1-2 tsp / 8-16 g honey (はちみつ)
- ½ tsp vanilla (バニラ)



Instructions

1. Slice **fruit** if needed and toss with **sugar** or **honey**.
2. **Rest 10-15 minutes** to release juices.
3. Lightly whip **cream** to soft thickness.
4. Fold **cream** into **yogurt**, add **honey** and **vanilla**.
5. Serve **fruit** topped with yogurt cream.

Nutrition (per serving)

Kcal: 140 | Protein: 6 g | Fat: 6 g | Sat Fat: 3 g | Carbs: 16 g | Sugars: 12 g |
Fiber: 2 g | Sodium: 40 mg | Omega-3: 0 g