

## **Fresh Berries with Sweet Vinegar Sauce**

Serves 4.

Sweet Vinegar Sauce: ¼ cup good-quality raspberry vinegar or  
Balsamic vinegar  
¼ cup sugar  
3 drops vanilla extract  
½ cup plain, non-fat yogurt

1 cup blueberries  
1 cup blackberries

Combine vinegar and sugar in a small saucepan and bring to a boil. Boil for 4 four minutes, stirring often. (Be prepared; the mixture will smell unpleasant as some of the vinegar's acid boils off, and it will reduce a little bit.) Turn off heat. Add vanilla, and slowly whisk in yogurt. Toss with berries and serve.

Nutritional Analysis Per Serving:

- 115 calories, 27 grams carbohydrate, 2 grams protein, 0 grams fat, 0 grams saturated fat, 0 milligrams cholesterol, 22 milligrams sodium, 3 grams fiber
- 2% calories from fat
- 1 "5 A Day" serving