Dinner Tonight!
Lemon Cream and Blueberries

4 ounces reduced-fat cream cheese
3/4 cup vanilla yogurt
1 teaspoon honey
2 teaspoons freshly grated lemon zest
2 cups blueberries

Place cream cheese in a medium size bowl and break up. Drain yogurt from any excess liquids and add to bowl; add honey and use an electric mixer to cream mixture. Add lemon zest to light and creamy mixture.

Use clear glasses to place mixture in and alternate between berries and mixture. You can use additional berries to add color (i.e. strawberries, blackberries, etc.). Refrigerate up to 8 hours.

Tip: Use wine glasses or dessert dishes to visually enhance dish

Preparation Time: 10 minutes
Cook Time: 0 minutes
Serves: 4

Nutrition facts per serving:
Calories: 156
Total Fat: 7 g
Cholesterol: 22 mg
Sodium: 151 mg
Total Carbohydrate: 19 g
Protein: 6 g