

Whip It Up Wednesday

STRAWBERRIES WITH CINNAMON SAUCE



Ingredients:

- 1 cup nonfat vanilla yogurt
- 2 teaspoons sugar
- 1 teaspoon cinnamon
- 5 cups strawberries, washed and hulled
- 4 tablespoons nonfat whipped topping (optional)

Directions:

1. Wash hands with soap and water.
2. Stir together yogurt, sugar, and cinnamon until sugar completely dissolves.
3. Refrigerate sauce at least 2 hours.
4. Gently rub strawberries under cool water.
5. Immediately before serving, slice strawberries into 4 dessert glasses.
6. Spoon cinnamon flavored sauce over strawberries.
7. Top with whipped topping, if desired.