STRAWBERRY DESSERT

NIBBLEDISH CONTRIBUTOR

Ingredients

1. 2 tbsp milk
2. 1 tsp vanilla extract
3. 4 tbsp strawberry jam
4. 10 fresh small size strawberries, washed, cuted in half
5. 1 cup low-fat yogurt

Instructions

Pour the first 3 ingredients in blender and reduce in puree. Pour into a small bowl, stir in yogurt and the fresh strawberries. Spoon into dishes, garnish each with fresh strawberry slices. Chill about 2 hours before serving.

You can substitude the strawberries with 1 medium size banana adding 4 tsp sugar.