



Home Made Blueberry Greek Yoghurt

Servings: 1

Prep Time: 5min

Cook Time: 0



Ingredients

- 1 cup Blueberries
- 1 cup plain, unsweetened Greek Yogurt
- 1/2 teaspoon pure Vanilla Extract
- 1/2 teaspoon Honey (optional)

Directions

1. Add blueberries and 3 tablespoons water to a pan and bring to a boil. Simmer for 5-7 minutes till the berries break down and start becoming mushy. Set aside to cool. The blueberry coulis will thicken up as it cools.
2. Once the blueberry coulis is cool, mix together Greek yogurt, blueberry coulis, vanilla extract and honey, if using. Refrigerate for up to 5 days.