

Fresh Berries, Yogurt, Jam & Whipped Cream



TIP: This fruit, yogurt, jam and whipped cream combination is just as quick, easy and completely kid-safe to make as it is fresh and fantastically flavorful to enjoy.

Preparation Time: 5-10 minutes

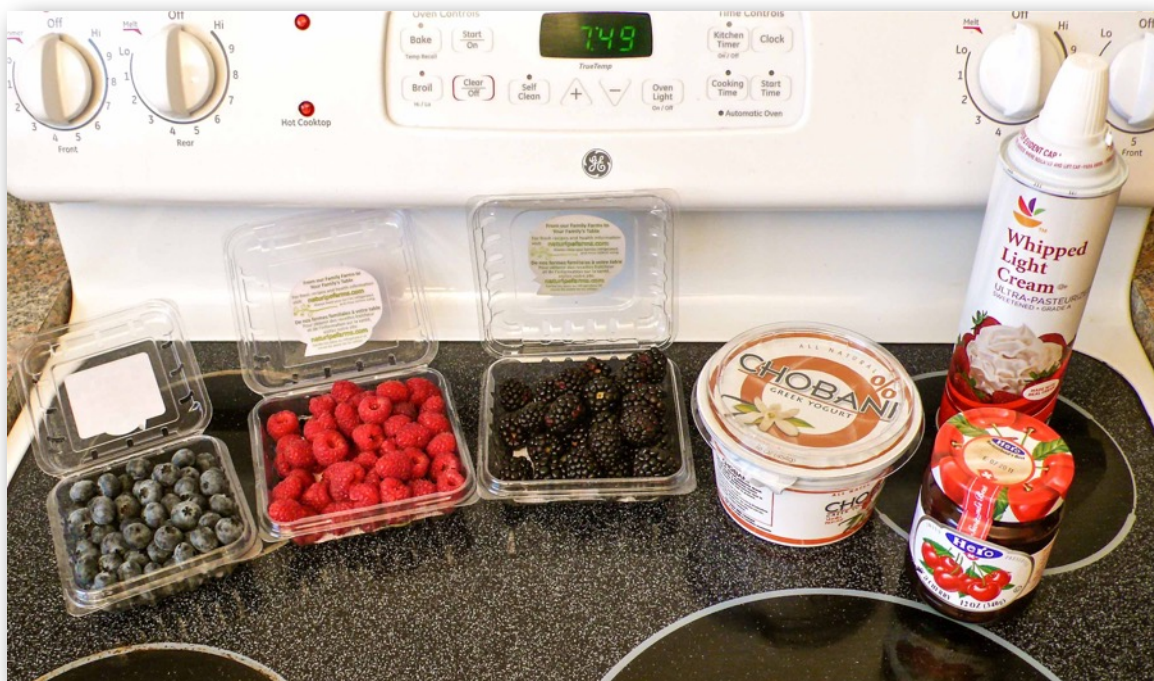
Ingredients (per serving)

1-2 Handfuls of Fresh Berries (I'm using a combination of blueberries, raspberries and blackberries, but any berries that don't need to be prepared with a knife will work)

Yogurt (I'm using non-fat vanilla Greek yogurt, but any yogurt will work)

Favorite Jam

Whipped Cream



Equipment

Colander
Teaspoon
Tablespoon
Bowl



1. Put **1-2 handfuls of fresh berries** in a colander.



Rinse the **berries** with cold running water in the sink.



Pour the **freshly rinsed berries** into a bowl.



2. Scoop **1-2 tablespoons of yogurt** on top of the **berries**.



Add **1-2 teaspoons of jam**.



3. Either serve the **berries, yogurt and jam** as is, or...



...shake a **can of whipped cream**, and...



...top everything with a **good squirt of whipped cream** until what you have looks about like...



...this.



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Gotta' Eat, Can't Cook

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