

Nutribar Strawberry Yogurt Dessert

3 cups strawberries or other fruit, thinly sliced

1 tbsp. sugar

2 tbsp. hot water

1 scoop Nutribar Vanilla Powder mixed with

1 cup low-fat plain yogurt

Put 1 cup of strawberries into bowl. Dissolve sugar in hot water and pour over strawberries; stir. Heat in a microwave on high for 1 to 1-1/2 minutes, or until soft. Mash and cool. Before serving, stir in remaining strawberries, and Nutribar-yogurt mix.

Per Serving: 453.2 calories; protein: 20.4 g; fat: 4.1 g; carbohydrate: 88.2 g.