Blueberries with Lemon Cream

Yield: 4 servings, ½ cup each  
Total Time: 10 minutes

Ingredients
4 ounces reduced-fat cream cheese (Neufchatel)  
6 ounces nonfat lemon or vanilla yogurt  
1 teaspoon honey  
2 teaspoons freshly grated lemon zest  
2 cups fresh blueberries

Preparation Instructions
1. Using a fork, break up cream cheese in a medium bowl. Drain off any liquid from the yogurt; add yogurt to the bowl along with honey. Using an electric mixer, beat at high speed until light and creamy. Stir in lemon zest.
2. Layer the lemon cream and blueberries in dessert dishes or wineglasses. If not serving immediately, cover and refrigerate for up to 8 hours.

Nutrition Analysis
Per serving: 140 calories; 7g fat (3.5g saturated, 0g trans); 20mg cholesterol; 115mg sodium; 18g carbohydrate (2g fiber, 13g sugar); 5g protein. Vitamin A 10%, Vitamin C 15%, Calcium 8%, Iron 2% Daily Value.

Cost
Per serving: $1.18  
Total ingredient cost: $10.44