

Berry Easy Topping

A creamy, flavorful topping that works for pound cake, shortcake, coffee cake, waffles, or pancakes. Or it can be stirred into plain yogurt or a smoothie.

1 cup berries, frozen or fresh

1 cup light or fat-free Cool Whip, thawed in refrigerator

1/4 tsp. vanilla extract

Pinch cinnamon (add more to taste)

- Add all ingredients to a medium serving bowl and stir well with spoon.
- Keep covered in the refrigerator until ready to serve. Will keep for about 8 hours; after that, the moisture inside the berries may leak into the mixture.

Yield: 2 cups of topping or 4 servings (1/2-cup each)

Per serving: 65 calories, 0.3 g protein, 11 g carbohydrate, 2.7 g fat, 2.5 g saturated fat, 0 mg cholesterol, 1.2 g fiber, 0 mg sodium. Calories from fat: 9%.M