



Creamy Layered Berry Dessert

Ingredients:

- 1 apple, rinse, peel, core and cut into 1-inch chunks
- 4-6 tablespoons mixed berry juice
- 12 ounces fresh raspberries (save 12); rinse, dry and freeze
- 2 bananas, rinse, dry and freeze
- 2 cups low-fat vanilla Greek yogurt
- 1/2 cup chopped dark chocolate, divided

Directions:

1. Wash hands with soap and water.
2. Place apple chunks and 4 tablespoons juice in a blender and blend on high until smooth. If too thick, add 1-2 extra tablespoons of juice. Add frozen raspberries and peeled bananas, blend on high until smooth and creamy. Pour 1/4 cup of mixture each into four 8 to 10-ounce stemmed glasses. Place glasses in refrigerator.
3. Add 6 tablespoons yogurt to mixture in blender and blend on low until evenly blended. Remove glasses from refrigerator, pour 1/4 cup mixture into each glass and return to refrigerator.
4. Add 6 tablespoons yogurt to mixture in blender and blend on low until evenly blended. Remove glasses from refrigerator and add 1 tablespoon chopped dark chocolate into center of each glass. Pour 1/4 cup mixture into each glass covering the chocolate and return to refrigerator. If mixture is getting soft, place glasses in freezer for 10-15 minutes.
5. Add 1/2 cup yogurt to mixture in blender and blend on low until evenly blended. Remove glasses from refrigerator or freezer; pour remaining mixture between glasses and refrigerate, up to 2 hours.
6. To serve, add a spoonful of remaining yogurt and 3 remaining raspberries to the top of each glass. Sprinkle each with 1 tablespoon chopped dark chocolate. **Yield: 4 servings.**

Recipe adapted from www.driscolls.com