



Lemon Vanilla Yogurt Cream With Drunken Blueberries & Quick Caramel Sauce

Camine Pappas / February 2020 / Serves 10

INGREDIENTS:

1 32 oz. container of Greek yogurt. 2% is fine. Fage preferred
¼ C + ¼ C white sugar, divided
2 t + 1 t vanilla extract divided
1/3 C fresh squeezed lemon juice
1 pint fresh blueberries
¼ C Amaretto liquor
Zest of one lemon

“POINEER WOMAN QUICK CARAMEL SAUCE:

1 cup Brown Sugar
1/2 stick Butter (4 Tablespoons)
1/2 cup Half-and-half or Cream (cream Will Make It Thicker)
1 Tablespoon Vanilla
Pinch of Salt

“METHOD: Mix all ingredients in a medium saucepan over medium-low to medium heat. Cook while whisking gently for 5 to 7 minutes, until thicker. Turn off heat. Serve warm or refrigerate until cold. If sauce is thin, just continue cooking for a few more minutes.”

METHOD:

Pour blueberries into a shallow dish, cover with amaretto, and add 1 t vanilla and ¼ C white sugar. Let sit for 2 hours, stirring every 30 minutes or so. When ready to serve remove blueberries with a slotted spoon and ladle over cream and caramel.

In a large bowl combine the yogurt, ¾ C white sugar, 2 t vanilla, 1/3 C fresh squeezed lemon juice, and zest. Stir and let sit for about 5 minutes so the sugar dissolves. Serve with caramel sauce and blueberries on top. Garnish with fresh mint if desired.

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