

Balsamic Glazed Blueberries

1 c blueberries

1/2 c balsamic vinegar

2 T sugar

1/2 c heavy cream

8 oz Greek yogurt (honey or vanilla)

lemon zest, to garnish

In a sauce pan, combine blueberries, balsamic vinegar and sugar. Bring to a boil and allow to simmer until the liquid becomes a syrup. In a medium bowl, whip the heavy cream until it becomes light. Gently fold the Greek yogurt into the whipped cream. Serve a spoonful of berries on top of a dollop of yogurt. Garnish with lemon zest.

Recipe by Garden Chef Christina Curry



ATLANTA BOTANICAL GARDEN