

## Low-Point Blueberry Breeze

Ingredients:

- 3 oz. Dannon Light and Fit blueberry yogurt
- 1/3 cup low-fat cottage cheese
- 1/8 to 1/4 cup fresh blueberries
- 2 Tbs cool whip lite
- 1 Tbs granola
- mini chocolate chips (optional)

In a small dessert dish or ramekin add blueberry yogurt. Layer with cottage cheese and then fresh blueberries. Add cool whip and top with granola. Sprinkle with a few mini chocolate chips, if desired, and enjoy!

Total servings - 1

Points per serving - 3.2

NOTE: Feel free to use the whole 6 oz. container of yogurt for a total of 4 points per serving. Also, add 1 to 2 tsp. flax seed for added nutrition, if desired.

This delicious recipe can be found on the website *Points In My Life*  
([www.pointsinmylife.com](http://www.pointsinmylife.com))

***"I do not understand the mystery of grace - only that is meets us  
where we are but does not leave us where it found us." - Anne  
Lamont***