Blueberry Lemon Yoghurt

Ingredients:

2 cups plain yoghurt (Greek or regular)

1 cup blueberries (fresh or frozen)

1 tablespoon lemon zest

1 tablespoon lemon juice

2 tablespoon honey (optional)

1. In a small saucepan, cook the blueberries over medium heat until they start to break down and release their juices (about 5 minutes). Allow to cool.
2. In a bowl mix the yoghurt with lemon zest, lemon juice and honey.
3. Swirl in the cooled blueberry mixture creating a marbled effect.
4. Serve cool.