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Fresh Figs with Yogurt and Honey

Prep Time: 15 mins

Rest Time: 8 h

Total Time: 15 mins

Ingredients

- 8 ounce(s) yogurt, low-fat plain
- 1/2 teaspoon vanilla extract
- 2 figs, fresh, cut up
- 1 tablespoon nuts, walnuts, coarsely chopped
- 2 teaspoon honey
- lemon peel, finely shredded

Recipe Tip:

Chill for 8 to 24 hours.

Preparation

1. Set a strainer lined with 100%-cotton cheesecloth or a paper coffee filter over a large mug. Spoon yogurt into lined strainer. Cover; refrigerate for at least 8 hours or up to 24 hours. (Yogurt will thicken to form a soft cheese.)
2. Discard liquid in mug. In a small bowl, gently stir together the thickened yogurt and vanilla; fold in figs or apricots. Spoon into 2 small dessert dishes. Sprinkle with walnuts. Drizzle individual servings with honey. If desired, sprinkle with lemon peel.

