

# Strawberries in Balsamic Yogurt Sauce

Today I'm celebrating. Coffee in hand, kids at school, and complete silence are my party decorations. Something incredible happened this weekend. Our little family of 5 went hiking.

Hiking by itself is nothing new for my crew; what's new is how we hiked. Minimal planning, and minimal child-holding on the hike. My kids are now 9, 5 and 2 1/2. As you can imagine, the last few years of parenting have come with lots of planning and LOTS of child-holding in order to maintain the life we love. That hike was magical. Our two boys hiked the whole way with no complaining. Our 2 1/2 year old daughter rode in the hiking back pack and only complained because she wanted to walk too. We let her down whenever we stopped to swim and that made her very happy.



My husband and I have been pretty ruthless in keeping what we love regardless of the kids. Meaning, we haven't stopped hiking, going to concerts, camping, road-tripping, and all around adventuring. We've gone into countless activities with the attitude of "this is going to be even better than last

time” as opposed to “we’ll just try to cope because the kids are with us this time”. This has become our life mantra.



Sweetest Lemonade was actually named after our intense focus to make not just lemonade out of lemons, but the *sweetest lemonade*. Life doesn't have to be “less than” when kids enter your world. Or even when things start to turn sour for that matter. When life gets hard, you still have the choice to make it the best out of what you have.

Parenting is hard, and complaining about it is the easy way out. I choose to live every day enjoying my kids, my messy house and my knack for cooking.



That brings me to today's recipe. A simple, surprisingly sweet yogurt balsamic sauce dolloped over strawberries.

Plain Greek yogurt gets a bad rap because of its strong tangy flavor and complete lack of sweet. I wish we weren't all so addicted to sweet (myself included) and could appreciate foods that have other flavors. But, that topic is for another day.







I love the clear red color of this balsamic!

This twist on yogurt is superb. No one would guess a [white pomegranate balsamic](#) and a little bit of honey could transform plain Greek yogurt into a snack even your kids will request!



The best part is, this recipe is only 4 ingredients, and perfect for summer! [amd-zlrecipe-recipe:91]