Fruit-Yogurt Dip

Recipe source: www.cookingmatters.com

Ingredients
1 cup nonfat plain yogurt
1 tablespoon honey
¼ teaspoon ground cinnamon
Assorted cut fruit for dipping

Directions
1. In a medium bowl, combine all ingredients.
2. Mix well and refrigerate or serve immediately.

Serves: 4 • Serving Size: ¼ cup • Total time: 5 minutes

*Children under the age of 1 should not consume honey
Chef Tips

1. If using vanilla yogurt instead of plain, remember not to add the honey.
2. Use this as a base for a yogurt parfait
3. Freeze these in small paper cups to make yogurt popsicles
4. Add pumpkin spice instead of cinnamon for a twist

Supplies

- Measuring cups
- Measuring spoons
- Medium bowl
- Mixing spoon
- Cutting board
- Knife
- Toothpicks/small cups for serving

Nutrition Facts Per Serving: 48 Calories, 0 g Fat, 9 g Carbohydrate, 3 g Protein, 44 mg Sodium

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