



# Fruit-Yogurt Dip



1-800-WIC-1007

Recipe source: [www.cookingmatters.com](http://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*

This institution is an equal opportunity provider.

## 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



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