**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

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

**Supplies**

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

**Chef Tips**

* If using vanilla yogurt instead of plain, remember not to add the honey.
* Discuss how to use this as a base for a yogurt parfait
* Discuss how you can freeze these in small paper cups to make yogurt popsicles
* Add pumpkin spice instead of cinnamon for a twist
* Use as a base for yogurt parfaits