

Fruit Dip

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DEPOSITORY.

Serves: 4

Prep: 5 minutes

INGREDIENTS

- 1 cup nonfat plain yogurt
- 1 tablespoon honey
- 1/4 teaspoon ground cinnamon

DIRECTIONS

1. In a medium bowl. Combine all ingredients and mix well.

Notes:

- For a tangy treat, try adding 1 teaspoon of lemon or lime zest instead of cinnamon.
- If you use vanilla yogurt, do not add honey to the recipe.
- Serve as a dip with any cut-up fruits you like. For best price, buy fruits in season.



Nutrition Information

Serving Size: 1/4 cup

Calories	50
Total fat	0 g
Saturated Fat	0 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	45 mg
Carbohydrates	9 g
Fiber	0 g
Sugars	9 g
Protein	4 g

Recipe adapted from:
Cookingmatters.org