Nutrition information per serving: Calories 140, Carbohydrate 32 g, Dietary Fiber 4 g, Protein 4 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 40 mg

Fruit Dip

Use fresh orange segments and kiwifruit slices when winter fruits are in season.

Makes 4 servings. *¼ recipe per serving.*

Prep time: 15 minutes

Ingredients

- 1 (8-ounce) container lowfat vanilla yogurt
- 2 tablespoons 100% orange juice
- 1 tablespoon lime juice
- ½ tablespoon brown sugar
- 2 medium red apples, cored and sliced
- 1 medium pear, cored and sliced
- 1 medium plum, sliced
- 8 large strawberries

Preparation

1. In a small bowl, combine yogurt, orange juice, lime juice, and brown sugar; mix well.
2. Serve dip in a bowl on a large plate and surround with fruit.