



# 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 medium red apples, cored and sliced |
| 2 tablespoons 100% orange juice             | 1 medium pear, cored and sliced       |
| 1 tablespoon lime juice                     | 1 medium plum, sliced                 |
| ½ tablespoon brown sugar                    | 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.

**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