

# **Fruit Dip**

From the United States Department of Agriculture (USDA)

<http://recipefinder.nal.usda.gov/recipes/fruit-dip>

## **Ingredients**

- 8 oz. low-fat vanilla yogurt
- 2 Tbs. 100% orange juice, frozen concentrate (thawed)
- 1 Tbs. lime juice
- ½ Tbs. brown sugar
- 2 apples (cored and sliced)
- 1 pear (cored and sliced)
- 1 peach (cored and sliced)

## **Instructions**

1. In small bowl, mix yogurt, orange juice concentrate, lime juice, and brown sugar.
2. Slice fruit just before serving. Dip and enjoy!

*Makes 4 servings*

## **Nutrition information per serving:**

Calories	140
Carbohydrate	32 g
Dietary Fiber	3 g
Protein	3 g
Total Fat	1 g
Sodium	40 mg

