

Fresh Fruit with Cinnamon Yogurt Dip

From the United States Department of Agriculture

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

Ingredients

- 1 apple
- 1 orange
- ¼ cup orange juice
- 1 cup vanilla yogurt
- ½ teaspoon cinnamon

Serving variations:

- *Try using other favorite seasonal fruits such as berries, melons, or peaches.*
- *Use strained Greek yogurt for more protein*

Instructions

1. Prepare fruit (core apple, peel orange; slice)
2. Pour orange juice into a small bowl
3. Dip the fruit pieces into the orange juice to prevent browning
4. Arrange on a plate
5. Mix the yogurt and cinnamon in small bowl
6. Dip fruit pieces into yogurt mixture

Makes 4 servings

Nutrition information per serving:

Calories	120
Carbohydrate	26 g
Dietary Fiber	3 g
Protein	4 g
Total Fat	1 g
Saturated Fat	0.5 g
Sodium	40 mg
Vitamin C	35% DV

