

# EASY FRESH FRUIT DIP

10 servings (1/4 cup each)

## You'll Need:

8 ounces Strawberry-flavored low-fat yogurt  
1 ½ cups Lite frozen whipped topping  
Fresh fruit such as apple slices, strawberries, and grapes  
Lemon juice for dipping fruit to prevent browning

## Directions:

1. Mix together yogurt and whipped topping into a serving bowl.
2. Dip cut fruits like apple slices in lemon juice to prevent browning. Arrange fruit on a large plate with the bowl of dip in the center.

**Calories: 48 Sodium: 13.5 grams**

**Carbohydrate: 7 grams Protein: 1 gram**

**Fat: 1.5 grams Fiber: 0.1 grams**

**Cholesterol: 1.5 grams**

**Exchanges: ½ starch**



## Keeping A Healthy Lifestyle

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