

Ingredients:

8 ounces low-fat vanilla yogurt
2 tablespoons 100% orange juice
1 tablespoon lime juice
2 apples, cored and sliced
1 pear, cored and sliced
1 medium plum, sliced
8 large strawberries

Feel free to use your favorite seasonal fruits.

Directions:

1. Wash hands with warm water and soap. Wash fruits with water before preparing.
2. In a small bowl, combine yogurt, orange juice, lime juice; mix well.
3. Serve dip in a bowl on a large plate and surround with sliced fruit.

Nutrition Facts (Per Serving)

Calories, 132; Carbohydrate, 30 g; Protein, 4 g; Total Fat, 1 g; Saturated Fat, 1 g; Trans Fat, 0 g; Cholesterol, 5 mg; Fiber, 4 g; Total Sugars, 4 g; Sodium, 45 mg; Calcium, 127 gm; Folate, 21 mcg; Iron, 0 mg; Calories from Fat, 7%.

Makes 4 servings, approximately 1/4 cup prepared dip and 1 cup fruit

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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