



Fruit with Yogurt Orange Dip

Ingredients

- 1/4 cup low-fat vanilla yogurt
- 2 tablespoons orange juice
- 1/4 teaspoon ground cinnamon
- 2 cups fresh fruits (such as, apples, pears, bananas, grapes), washed, peeled, and sliced

Directions

1. Mix yogurt, orange juice, and cinnamon together in a mixing bowl and stir until smooth.
2. Dip fresh fruit into yogurt mix.

Nutrition Facts

Serving Size 1 serving (136.6g)
Servings Per Container 4

Amount Per Serving

Calories 80 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Total Carbohydrate 19g **6%**

Dietary Fiber 3g **12%**

Sugars 15g

Protein 1g

Vitamin A 0% • Vitamin C 15%

Calcium 4% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.