

Fresh Fruit with Cinnamon Yogurt Dip

Makes: 4 servings

Vanilla yogurt with cinnamon makes and delicious dip for your favorite fruits. Use low-fat yogurt for an even healthier option.

Ingredients

- 1 apple
- 1 orange
- 1/4 cup orange juice
- 1 cup vanilla yogurt
- 1/2 teaspoon cinnamon

Directions

1. Core and slice the apple.
2. Slice banana into thin circles.
3. Peel the orange and break it into sections.
4. Pour the orange juice into a small bowl.
5. Dip the fruit pieces into the orange juice to prevent browning.
6. Arrange on a plate.
7. Mix the yogurt and cinnamon in a small bowl.
8. Put the bowl of yogurt and cinnamon next to the fruit.

Nutrition Information

Nutrients	Amount
Calories	94
Total Fat	1 g
Saturated Fat	1 g
Cholesterol	3 mg
Sodium	41 mg
Total Carbohydrate	19 g
Dietary Fiber	2 g
Total Sugars	16 g
Added Sugars included	5 g
Protein	4 g
Vitamin D	0 IU
Calcium	125 mg
Iron	N/A
Potassium	259 mg

N/A - data is not available

MyPlate Food Groups

 Fruits	1/2 cup
 Dairy	1/4 cup

Use it as a dip for the fruit.

Notes

Try making this with other favorite fruits.

Source: Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes