

Fruit Dip

Yield 4 servings
Cooking time 15 minutes
Total time 15 minutes

Ingredients

8 ounces	yogurt, low-fat vanilla
2 tablespoons	orange juice, 100% juice, frozen concentrate (thawed)
1 tablespoon	lime juice
1/2 tablespoon	brown sugar
2	apple (red, cored and sliced)
1	pear (cored and sliced)
1	peach (pitted and sliced)

Instructions

1. In a small bowl, combine yogurt, orange juice concentrate, lime juice and brown sugar.
2. Mix well.
3. Place bowl containing dip on a large plate and surround with fruit.

Cost

Per recipe: \$2.45
Per serving: \$0.61

Source

California Department of Health Services, Discover the Secret to Healthy Living
California 5-a-Day—For Better Health! Campaign

Nutrition Facts

Serving Size 1/4 of recipe (223g)
Servings Per Container 4

Amount Per Serving

Calories 140 **Calories from Fat** 10

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 40mg **2%**

Total Carbohydrate 32g **11%**

Dietary Fiber 4g **16%**

Sugars 27g

Protein 4g

Vitamin A 4% • Vitamin C 25%

Calcium 10% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4