

# Honey-Yogurt Fruit Dip



#### Ingredients



- 1 cups low-fat yogurt
- 2 Tb honey
- ½ tsp cinnamon
- Assorted fruit, cut into bite-sized pieces



## Directions 1



1. In a small bowl, stir together the yogurt, honey, and cinnamon. Dip the fruit in it and enjoy!

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## **Honey-Yogurt Fruit Dip**



## Ingredients



- 1 cups low-fat vanilla yogurt
- 2 Tb honey
- ½ tsp cinnamon
- Assorted fruit, cut into bite-sized pieces



#### Directions **1**



1. In a small bowl, stir together the yogurt, honey, and cinnamon. Dip the fruit in it and enjoy!



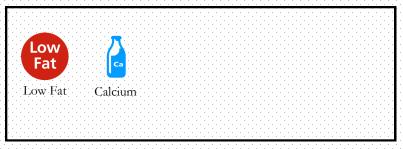
## **Fast Facts**





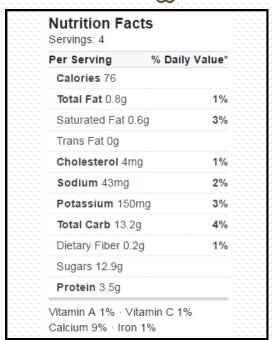
## This Recipe Provides





# Cooking Tips 🚉

## Nutrition Facts



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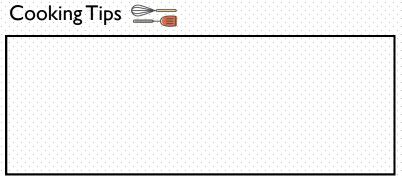


### This Recipe Provides





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## Nutrition Facts

Nutrition Fa Servings: 4	icts
Per Serving	% Daily Value*
Calories 76	
Total Fat 0.8g	1%
Saturated Fat	0.6g <b>3</b> %
Trans Fat 0g	
Cholesterol 4	mg <b>1</b> %
Sodium 43mg	2%
Potassium 15	0mg <b>3</b> %
Total Carb 13.	2g <b>4</b> %
Dietary Fiber 0	.2g <b>1</b> %
Sugars 12.9g	
Protein 3.5g	

Calcium 9% · Iron 1%