



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

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



Honey-Yogurt Fruit Dip



Ingredients

- 1 cups low-fat vanilla yogurt
- 2 Tb honey
- ½ tsp cinnamon
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Directions

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Fast Facts



This Recipe Provides



Low Fat



Calcium

Cooking Tips

Nutrition Facts



Nutrition Facts

Servings: 4

Per Serving	% Daily Value*
Calories 76	
Total Fat 0.8g	1%
Saturated Fat 0.6g	3%
Trans Fat 0g	
Cholesterol 4mg	1%
Sodium 43mg	2%
Potassium 150mg	3%
Total Carb 13.2g	4%
Dietary Fiber 0.2g	1%
Sugars 12.9g	
Protein 3.5g	

Vitamin A 1% · Vitamin C 1%
Calcium 9% · Iron 1%

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