



HOLIDAY RECIPES

Yogurt Fruit Dip

(Makes 12 Servings)

Ingredients

2 cups plain fat-free yogurt
2 Tbsp. brown sugar
1 Tbsp. frozen orange juice concentrate,
thawed
½ tsp. vanilla extract
¼ tsp. ground cinnamon
*Fresh fruit of your choice (not included in
nutritional analysis)

Directions

1. Line a strainer with a paper coffee filter or cheesecloth; place over bowl.
2. Put yogurt in strainer; refrigerate for 8 hours.
3. Discard liquid in bowl.
4. Combine yogurt, brown sugar, orange juice concentrate, vanilla extract, and cinnamon.
5. Mix well.
6. Serve with fresh fruit of your choice.

Nutrition Facts

Calories: 25
Total Fat: 0 g
Saturated Fat: 0 g
Cholesterol: 0 mg
Sodium: 25 mg
Total Carbohydrate: 5 g
Dietary Fiber: 0 g
Sugars: 4 g
Protein: 2 g



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