

Tropical Fruit Dip

INGREDIENTS:

2 c. sour cream, reduced-fat
1 (8-ounce) container low-fat yogurt
(vanilla or your favorite fruit flavor)
4 Tbsp. vanilla instant pudding (about
half of a 3 1/2-ounce package)

DIRECTIONS:

Combine all ingredients in a medium-sized mixing bowl. Mix thoroughly and chill.

NUTRITION:

Makes 12 servings, about 1/4 cup each. Each serving has 90 calories, 5 g (grams) fat, 3 g protein, 8 g carbohydrate, 0 g fiber and 105 milligrams sodium.