

Fruit Dippers

Ingredients:

- 1/2 cup low-fat vanilla yogurt
- 2 Tbsp. chopped peanuts (or other nuts)
- 2 cups fruit (grapes, banana slices, apple wedges, chopped strawberries)

<http://prairiefare.areavoices.com/2013/07/11/consider-the-source-of-your-nutrition-information/>

Directions:

- Combine yogurt and chopped nuts. Mix with a spoon. Place a toothpick in the center of each piece of fruit and arrange on tray. Serve immediately with dip.

Makes four servings. Per serving: 100 calories, 3 grams (g) fat, 2 g fiber, 17 g carbohydrate.

NDSU EXTENSION
SERVICE