

Fruit and Dip

Ingredients:

- 8 ounce yogurt, low-fat vanilla
- 2 Tbsp. orange juice, 100 percent juice, frozen concentrate, thawed
- 1 Tbsp. lime juice
- 2 tsp. brown sugar
- 2 red or green apples, cored and sliced
- 2 pears, cored and sliced

<http://prairiefare.areavoices.com/2013/06/21/lets-define-moderate-consumption-of-candy/>

Directions:

- Mix together first four ingredients and refrigerate. Just before serving prepare fruit.

Makes four servings. Per serving: 140 calories, 1 grams (g) fat, 3 g of fiber and 32 g carbohydrate.

NDSU EXTENSION
SERVICE