

Creamy Apricot Fruit Dip

SERVES 4/SERVING SIZE: 2 TABLESPOONS

PREP TIME: 5 MINUTES

1/3 cup fat-free vanilla-flavored yogurt

¼ cup fat-free whipped topping

2 tablespoons apricot all-fruit spread

2 cups whole strawberries or 2 medium apples, halved, cored and sliced

1. In a small bowl, whisk the yogurt, whipped topping, and fruit spread until well blended.
2. Serve with fruit

Cook's Tip:

Squeeze a small amount of orange juices over sliced apples to prevent browning.

EXCHANGES:

1 Fruit

Calories 56 from Fat 0

Cholesterol 0mg

Total Carbohydrates 13g

Sugars 9g

Total Fat 0g Saturated Fat 0g

Sodium 16mg

Dietary Fiber 2g

Protein 1g

Canoncito Band of Navajos Health Center Diabetes Program

505-908-2307 ex223