

Sliced Fruit with Honey-Vanilla Yogurt Dip

This super simple, three-ingredient dip can be put together in minutes! It's perfect for a fast after-school snack or even a quick breakfast before you head out the door for the day.

Ingredients

 **Servings** 4

- 2 cups green or red grapes
- 2 medium bananas, sliced (about 2 cups)
- 1 medium red or green apple, cored and thinly sliced
- 1 1/2 cups fat-free, plain Greek yogurt
- 1 tablespoon honey
- 1 teaspoon vanilla extract

Directions

 **Tip:** Click on step to mark as complete.

Arrange the grapes and banana and apple slices on a large plate or platter.


In a small bowl, stir together the yogurt, honey, and vanilla extract. Serve with the fruit.

Quick Tips



Cooking Tip: Because Greek yogurt has a thicker consistency than regular yogurt, it makes for the better choice for a dip. However, plain yogurt can be substituted—just expect a slightly thinner dip.

Keep it Healthy: Flavored yogurts are often packed with added sugar, so skip those and make your own. Stir a handful of your favorite fruit into fat-free, plain yogurt. If you need a touch of extra sweetness, try adding a dash of vanilla extract or a sprinkle of cinnamon.

 **Calories**

194 Per Serving

 **Protein**

9g Per Serving

 **Fiber**

3g Per Serving

 **Cost Per Serving**

\$2.21

Nutrition Facts

Calories

194

Total Fat	0.5 g
Saturated Fat	0.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	0.0 g
Cholesterol	0 mg
Sodium	35 mg
Total Carbohydrate	42 g
Dietary Fiber	3 g
Sugars	32 g
Protein	9 g

Dietary Exchanges
2 1/2 fruit, 1/2 fat-free milk