

## Fruit dip



Recipe credit

University of Minnesota Extension Department of Family, Health and Wellbeing staff

## **About this recipe**

Serves

4

Serving size

1/4 of prepared recipe

Time to make

10 minutes preparation

Special criteria

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## Ingredients

- 8 ounces (1 cup) plain yogurt
- 2 tablespoons honey
- 1 tablespoon orange juice
- Grated peel of 1/2 orange
- 1 apple
- 1 banana
- Optional: berries, melons, or pears

## Directions

1. Combine the first four ingredients. Mix well.
2. Refrigerate until ready to serve.
3. Serve with slices of apples and bananas

## Tips and variations

- Try this dip with different fruits like fresh berries, sliced pears, or cubed melon.
- Instead of using the orange juice and peel, try making the dip with the juice and peel of a lemon, lime, or grapefruit or swap in maple syrup for the honey.
- Serve leftover dip as a topping on oatmeal, pancakes, or waffles.
- Garnish with a little mint, if you have it available in your garden.

## Nutritional info

Calories

120

Total fat

1.1 g

Saturated fat

0.6 g

Cholesterol

3 mg

Sodium

41 mg

Total carbohydrates

26.3 g

Dietary fiber

2 g

Protein

3.5 g

Total sugar

21.4 g

Allergens

Dairy

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